

Kindertots is a movement and music program designed for 2 year old tots to develop gross motor skills, creativity, physical development (flexibility, strength, balance, coordination), tumbling, body awareness, and communication skills.



KINDER TOTS

Learning To Move

For Boys & Girls Age 2-3
(and their parents)

KINDER DANCE

Education Through Dance

For Boys & Girls Age 3-5

Kinderdance® programs blend physical skills and creative movement, fitness and dance with educational concepts. Students are taught foundational skills and terms which will then grow over the course of the dance year to include more advanced movement ideas



Kindergym® Developmental Gymnastics & Tumbling Class is designed to kids, with fun fitness games and activities to increase physical literacy, muscular strength, flexibility and coordination. Kindergym Kids are engaged in floor gymnastics, tumbling, and movement education



KINDER GYM

Jump, Tumble & Move

For Boys & Girls Age 4-6



347-599-2589
kinderdancebrooklyn@gmail.com
www.kinderdancebk.com



Basic Yoga Sequences, Group Activities, and Focus Exercises are blended into a class full of fun and movement! Each class focuses on mindfulness, cooperatives, and building positive self-esteem.

KIDS YOGA

brought to you by **KINDER
DANCE**

For Boys & Girls Age 6-8



KINDER COMBO

Dancing Feet To The Beat

For Boys & Girls Age 6-12

Children are involved in a dance class combining Modern Dance, Hip Hop and Multicultural techniques. Students are taught foundational skills and terms which will then grow over the course of the dance year to include more advanced movement ideas.



bringing developmental programs to children for over 30 years!

Register **today** for a **FREE trial Class!**

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Sportball Multi-Sport

Introduces children to the concepts and skills involved in the eight core sports. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Sportball

SPORTS INSTRUCTION FOR KIDS



For Boys & Girls K-5th



ZUMBA®

kids

For Boys & Girls K-5th

Zumba Kids classes feature kid-friendly routines based on original Multicultural dances and choreography. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.



For More info:
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KIDS YOGA

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DANCE**



INSPIRING MIND-BODY AWARENESS

Basic Yoga Sequences, Group Activities, and Focus Exercises are blended into a class full of fun and movement! Each class focuses on mindfulness, cooperatives, and building positive self-esteem.

For Boys & Girls
Age 3-8



Enhanced focus, attention, concentration, and memory.



Enhanced awareness of being in the present moment.



Improved listening and communication skills.



Decreased anxiety and tension.



Decreased impulsivity and reactivity.



We are super excited to bring these enriching programs to the children at Surfside. Please make sure they are dressed appropriately in comfortable, in loose fitting clothing and sneakers for the best possible experience and let us know if there are any special needs we should be aware of.

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