



Health and Fitness – Junior Zumba

Zumba is a dance fitness program, combining body sculpting movements and easy to follow dance steps. There are no pre-requisites as it is taught in a completely different way to traditional dance classes. Students will learn mini routines over the course of the term based on steps from the salsa, meringue, cumbia, reggeaton, mambo, hip hop and even belly dancing. The idea is to get fit 'accidentally', with each class feeling more like a carnival than an exercise session.

Program Co-ordinator	Monique Zahra mzahra@pymblelc.nsw.edu.au
Instructor	Mrs Aline Pascuzzo
Term/s	Term 2 This program will be available every term
Years	Year 3 to 6
Days/Times	Tuesday 3.15pm to 4.00pm
Cost	\$85.00 per class
Maximum	15 students per class
Program Dates (Start/End)	Term 2: Tuesday 2 May to Tuesday 20 June
Venue	Demountable 08
Uniform	Saturday sport T-shirt or House T-shirt PE shorts Suitable shoes