

# RhythmMotion

## **Hip-Hop Aerobics**

Do you want to learn the latest Hip-Hop moves like the ones you see on, "So you think you can Dance?" Then Hip-Hop Aerobics is the class for you! This class will consist of a fun and aerobic stretch, dance games, creative movement and each week the class will learn part of a routine which will be performed for friends and family the last week of class. This is a high energy class that guarantees a cardio work out, a positive and safe environment and a whole lot of fun learning the latest Hip-Hop moves!

**Class Offered: Kinder-5th grade students**

**Monday 3:30-4:30**

**Schedule:**

**September 19**

**October 3,10,17,24**

**November 7,14,28**

**December 5,12**

**10 classes = \$100.00 (\$10.00 per class)**

**Informal performance for friends and family on the last day of class December 12, 2011. Further details will be provided closer to the performance.**

**Please turn in form and check made out to "Rhythm Motion" to the office by no later than Friday September 16, 2011.**

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**Child's Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Limitations:** \_\_\_\_\_

\_\_\_\_\_ **I hereby release any and all rights or claims for damages against Rhythm Motion, its owner and teachers and all individuals assisting in the instructing and conducting of these activities, from all liability of any nature, for any and all injuries, loss of damages, direct or indirect, suffered by me or my child at or in any way connected with these activities.**

**Parent Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_