



Online Exercise Class for CanSkaters

We are excited to announce that we will be offering online sessions using Zoom! These classes will focus on developing FUNdamental movements so children can improve their **balance, strength, and flexibility!**

BALANCE
flexibility
STRENGTH



FUNdamental Exercise Class

OPTION 1	OPTION 2
May 4 - June 10 Mondays & Wednesdays 4:00-4:30pm \$35 for 12 classes	May 5 - June 11 Tuesdays & Thursdays 4:30-5:00pm \$35 for 12 classes
<i>**Participants must be 5-10 years old as of May 1, 2020</i>	

Deadline to register – Saturday, May 2

***After you register, you will receive an email with a link to join the online sessions. Note that you do not need to pay to upgrade your Zoom account as the free basic version will work for these classes. Check it out at <https://zoom.us>.*

REGISTER HERE