

Coming Back This Fall!!



Helping children to be healthy!
Obesity can be prevented!
Physical fitness is fun!
Never too early to start a program!
Happy, healthy and fit!
Early prevention is key!
Adults have a responsibility!
Laying the foundation!
Teachers play an important role!
Habits are formed at an early age!
Young children need to exercise daily!

Saturdays November 12th-December 17th

Time: 11:00am

OR

Mondays November 7th-December 12th

Time: 6pm

Ages: 18months—5 Years old

Fees: \$60 payable to Hop-N-Healthy, Inc.

To Register: Kara@hopnhealthy.com

(845)702-1843

Register by

10/28/11

To

\$\$ SAVE \$\$

**Early Bird Fee is
only \$54**

Age appropriate P.E. classes
by trained instructors.

Awesome Kid- friendly music!

Non-stop movement, Singing, Dancing,
Colorful equipment, Warm-up,
Fundamental gross motor skill activities and
Cool down. Builds balance, coordination
physical and social skills.

Strengthens parent/child bond

This class uses a variety of
equipment. Some examples :

Hoops

Balls, Bean Bags

Balloons, Rhythm Sticks

Parachute

and more!

www.hopnhealthy.com



Hudson
Valley
Hop-n-Healthy