

# Kid & Play Yoga

@ The Schuylkill YMCA

Led by Amy Ketner w/ Kid & Play Yoga!

A 5-week program where kids build confidence, learn to manage their feelings, connect with others, and celebrate who they are!

Ages 5-7

Tuesdays

4:30-5:30 PM

Ages 8-12

Tuesdays

5:45-6:45 PM

Every Tuesday starting May 5th

Call 570-622-7850 to register today!

Learn more on the next page!



# More than a yoga class

Kid & Play Yoga is a joyful space where movement, mindfulness, and play come together to help children grow from the inside out.

Through imaginative yoga, games, and social-emotional learning, kids build confidence, learn to manage their feelings, connect with others, and celebrate who they are.

Each class is designed to nurture strong bodies, calm minds, and kind hearts-giving children tools they can carry into school, friendships, and everyday life.

## Weekly Themes:

May 5<sup>th</sup> - Feelings

May 12<sup>th</sup> - Gratitude

May 19<sup>th</sup> - Go With the Flow

May 26<sup>th</sup> - Building Confidence

June 2<sup>nd</sup> - Celebrating Me!

## ★ Introductory Session Pricing

### Full Registration

(all 5 weeks):

\$35 member, \$45 non-member

### Partial Registration

(individual weeks):

\$10/class

Call us at

570-622-7850

to register today!

