

# YOGA

## at Salem Preschool

We are excited to announce another opportunity for learning for your child at Salem Preschool – Yoga !! Registrations are now being accepted for this 4 Class program. The program is open to potty trained students that turned 3 before September 1st.

**What would my child do at Yoga?** Every kids yoga class at Salem is an adventure in creativity and movement! We'll read stories, make animals and shapes through our poses, dance, and play games all while moving our bodies, balancing and learning how to breathe.

**Teacher** - Kathy Caracciolo is a Pre-K teacher at Salem. She has been practicing yoga for 8 years and has been with Salem for 4 years. Mrs. C. is a certified Yoga Instructor. She is the manager and an instructor at Amazing Yoga in Wexford.

If you have any questions about the program, please contact:

Kathy Caracciolo at 724-355-6180 or [caracciolo.kathy@gmail.com](mailto:caracciolo.kathy@gmail.com) or Vicki Spear at 724-935-5030 or [director@salempreschool.org](mailto:director@salempreschool.org)



Y is for Yoga

Kathy is planning an introduction to Yoga for your child's your class. She is planning a half-hour program. This is going to be an introduction to the yoga class that we will have on Wednesdays & Thursdays from 11:30 - 12:30.

Demo Days will be:

Wednesday, Sept. 19th

Thursday, September 20th

Morning

Afternoon

Morning

Afternoon

\* T/TH 3's - 9:15 - 9:45

4 Day pm Pre-K 1:00—1:30

\*MWF 3's - 9:45- 10:15

\*MWF 3's 1:00 - 1:30

\*3 day am Pre-K - 10 - 10:30

\*4 Day Pre-K - 10:45 - 11:15

\*5K Pre-K 1:30 - 2:00

Be sure to wear comfy clothes that day!

Our first classes will be on Sept. 26 & 27. The class will be held in the fellowship hall downstairs. Yoga mats will be provided. They will have a small snack and then enjoy 45 minutes of yoga.

If your child would like to do Stay Day, children can do the yoga class and then be escorted to Stay Day and have their lunch at 12:30.

We will offer the class as a 4 week program. The cost will be \$35. The class size will be limited to 8 students. We will measure its popularity and adapt it as we go along.

Registration Form

**Wednesday Classes**

Sept. 26 & Oct.3, 10 & 24

**Thursday Classes**

Sept27 & Oct. 4, 11 & 18

Child's Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Emergency Numbers \_\_\_\_\_

Allergy/Medical Information \_\_\_\_\_

Email Address \_\_\_\_\_

Registrations should be accompanied by a check made out to Salem Preschool. Please return your