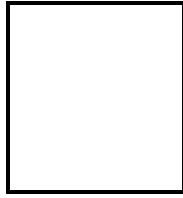


ZUMBATOMIC
Zumba dance for
kids at the
Lighthouse/City
YMCA!



The Lighthouse/City YMCA
is proud to announce the
introduction of a new
dance fitness program for
youth ages 5-12.

Zumbatomic!

Monday – Thursday 5:30 am – 9:30 pm

Friday 5:30 am – 8:30 pm

Saturday 7:00 am – 7:00 pm

Sunday 9:00 am – 7:00 pm

Lighthouse/City YMCA
2900 N. Columbus Blvd.
Tucson, AZ 85712





It's time to make fitness a family affair with Zumbatomic! Designed exclusively for kids (ages 5 -12), Zumbatomic classes are a rockin', high-energy fitness-party packed with specially choreographed, kid-friendly routines and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

ZUMBATOMIC IS DESIGNED TO BE AGE APPROPRIATE. WE ARE OFFERING FOR AGES 5 TO 7 YEARS OF AGE. THE CLASS WILL MEET ONCE A WEEK FOR 45 MINUTES. THE ALSO MEETS ONCE A WEEK. THIS CLASS IS FOR AGES 8 TO 12. SESSIONS ARE 8 WEEKS LONG.

ZUMBATOMIC PARTICIPANTS MUST WEAR TENNIS SHOES, NO SANDALS OR FLIP FLOPS! THEY SHOULD ALSO WEAR COMFORTABLE CLOTHES THAT WON'T RESTRICT MOVEMENT. THEY SHOULD BRING WATER.

\$20

\$40*

*The standard program fee of \$20 per child applies. The program fee enables each child to participate in YMCA Program activities for one year.

The Lighthouse/City YMCA offers financial assistance to those who qualify.

Registration forms are available at the

“The YMCA of Southern Arizona is dedicated to improving the quality of human life and helping all people realize their fullest potential through the development of spirit, mind, and body.”

Caring

Honesty

Respect

Responsibility

Lighthouse/City YMCA

Serving

our community!