



Groveton Elementary School
PTA sponsored

TIME IN YOGA FOR CHILDREN

After school yoga program for students in Grades K - 6

Session 2

Tuesdays January 26 - March 16

3:30 - 4:30

Class size is limited and students will be accepted on a first come, first serve basis, with priority given to students new to yoga.

Transportation is not provided. You will need to arrange to pick your child up promptly at 4:30 in the hallway outside the gym. You may enter through Exit 4.

Cost is \$40 for the session and it is due at the first class.

Yoga for children is mind and body fitness, through creative play. Yoga enhances and improves focus, concentration, creativity, and responsible behavior.

Fill out the attached interest form and return to school by
Tuesday, January 19th.

Accepted students will receive a permission form next week.

For more information: please contact Mrs. Tupy at
(703)718-8000 or Sueann.Tupy@fcps.edu

REMINDER: If your child is accepted, they will receive a permission slip next week.

Yes, I would like my child to participate in after school yoga.

Child's Name: _____ Grade: K 1 2 3 4 5 6

Teacher: _____

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