



# Colegio's Newsletter

## DEAR COLEGIO PARENTS:

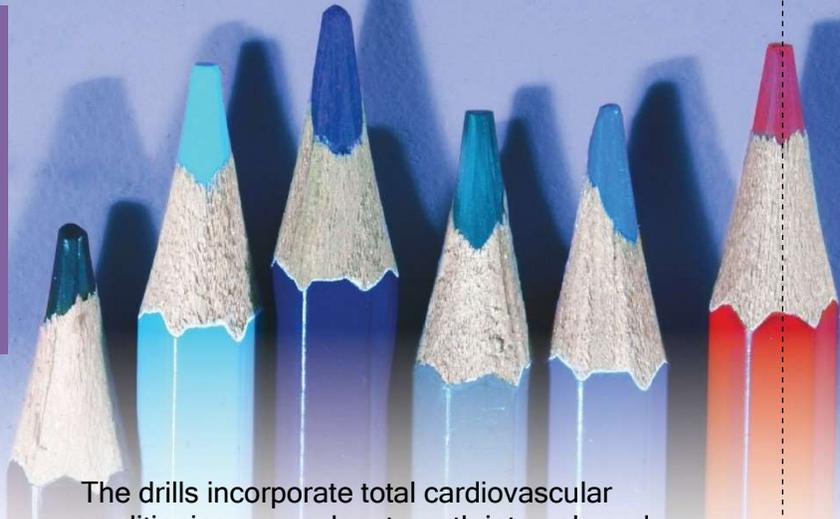
We are excited to announce that Colegio will be partnering up with experienced Fitness and Amazonas MMA instructors to be offering 3 classes for the price of one at our private school. These classes will be kids motion fitness, Lil' Chef's class, and kids MMA self defense class. Classes will be held throughout the week. Each class will be 45-minute-long class. Open enrollment throughout the school year. Classes will begin August 13, 2018.

### Kids' Motion Fitness

Motion Fitness is a class that will be committed to bringing the best fitness experience to your child. As kids' fitness instructors, our challenge is to help children develop active, positive lifestyles. Integrating knowledge and activity will help convince children that exercise is important to their well-being and increase the chance that physical activity will become a permanent part of their daily lives. Motion fitness is designed to develop gross motor skills, creativity, physical development (flexibility, strength, balance, and coordination) body awareness and communication skills.

### Kids' MMA

A NO contact fitness program These exercise drills and combos provide an interesting way to challenge the students' body-mind and motor skills. They can be done in any setting with or without any boxing equipment. This is a fun and vigorous class exercise appropriate for grade levels K3 and up.



The drills incorporate total cardiovascular conditioning, muscular strength intervals and movements that challenge skill training and motor coordination (hand/foot, hand/eye). The partner drills are a fun component of the program and provide a great co-ed mixer.

### Lil' Chef's

Specializes in kitchen safety and teach children how to cook by introducing various age-appropriate cooking techniques. We also teach children how to set and clear a table, execute proper table manners, introduce proper etiquette and various cooking utensils and appliances and their use. We educate students on nutrition and we use all fresh ingredients. This class allows children to be creative and explore the Culinary Arts experience. It also encourages them to try new foods. They are more likely to try something that they have created which broadens their pallet and introduces them to new textures through feel and taste. In addition to being in our Colegio facility, this class is currently being offered during school hours. Lil' Chef class offers a fun, educational and a valuable unique experience that children savor for their rest of their lives. It's never too soon to cook and we are never too old. Cooking is an essential part of our daily lives and what an inspiring opportunity for our school to intro duce to young children.

