



**LIVINGSTON  
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

# Youth Fitness Programs

by  
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## Yoga for Kids

Yoga offers a multitude of benefits to both mind and body. Yoga has been known to improve balance, focus, mood, as well as aiding in both body awareness and motor planning. This 45 minute class will offer age appropriate yoga utilizing music, breathing techniques, imagery, and games.

\*\*Participants should dress in comfortable clothing. Bring a yoga mat to each class.

Session	Grade	Day	Time	Dates	Fee
1	K-2	T	4:00-4:45 PM	4/2-6/11	R:\$74.25 NR: \$92.25
<i>No Class 4/16, 6/4</i>					
2	3-5	T	5:00-5:45 PM	4/2-6/11	R:\$74.25 NR: \$92.25
<i>No Class 4/16, 6/4</i>					

## Youth Boot Camp

Youth Boot Camp will offer your child the tools to attain their fitness goals while they experience success through exercise while participating in activities specific to their needs. Safety will be a priority and exercise will be modified to accommodate all fitness levels. Classes will consist mostly of traditional boot camp exercises primarily using their body weight. This will be accomplished in a high energy environment with games and exciting challenges.

Session	Grade	Day	Time	Dates	Fee
1	6-12	Th	4:00-4:45 PM	4/4-6/13	R: \$74.25 NR: \$92.25
<i>No class 4/18, 5/9</i>					

Registration opens Monday, March 11, online at [Community Pass](#) or in person at SYLS Office, 204 Hillside Ave. Monday—Friday 8:30 am—4:30 pm. Pre-registration required.

Questions: Call 973-535-7925, option 8 or email [syls@livingstonnj.org](mailto:syls@livingstonnj.org)