



GET MOVING WITH

Free Virtual Enrichments

Join FUN afterschool virtual physical activity programs like ballet, martial arts, hula hooping, yoga and more! All programs will take place on Google Meets in the comfort of your home.

**NOW OPEN FOR REGISTRATION!
PROGRAM BEGINS FEBRUARY 22, 2021
FOR 5 WEEKS**

All students who attend Kaiser, Newlon, Sabin, Denver Green, McMeen and Trevista are welcome to enroll.

*Questions or need support enrolling your student(s) reach out to
Monique_Gallegosedpsk12.org via email or by phone at (720) 629-0950*



**DENVER
PUBLIC
SCHOOLS**

**Extended Learning
and Community Schools**

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Class schedule and Descriptions

Mondays (4:00pm– 5:00pm)

Colorado Ballet (K-2 Grade) -Let's DANCE! These classes will offer opportunities for students to not only move, dance, and have fun and create new friendships. Each session will close with an informal performance for families and friends.

JumpBunch (K- 3 Grade) -Each week our trained coach will lead a non-stop, action-packed, 60 minute virtual class that is sure to get your kids moving and their hearts pumping, while providing them a welcomed break from their studies.

Tuesdays (4:00pm– 5:00pm)

Mile High Fitness- Students will gain tools to feel confident with fitness while having a fantastic time of play. Incorporating games into fitness makes the time fly by!

Radiant Beginnings - Each class is interactive bringing mindfulness, yoga postures, brain games, and breathing techniques together. We empower participants to develop leadership skills, self-awareness, and empathy.

Wednesdays (4:00pm– 5:00pm)

Omniform Karate- This martial arts class develops the mind, body and the character of the student. It's a blend of Tae Kwon Do, Karate, Boxing and Yoga.

Stretch N Grow- This class combines FUN movement, sequences, mindfulness, games, and stories that exercise social, sensory and motor skills.

Thursdays (4:00pm– 5:00pm)

Mad About Hoops- Each week, the kids will learn how to waist hoop, engage in cool hoop tricks and play innovative hula hoop inspired games.

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