

Karla's Creative Kidz

New Fitness Fun Classes

At TTCC

♥♥♥Talented Toddlers♥♥♥ (Walking-4 year olds)

Come sing, dance, and play in this educational and fun toddler class. We will exercise, practice our ABC's, Numbers, Colors, Shapes, and Animals through a variety of engaging and hands on games and activities. Story Telling, Sensory Play, Gross Motor Time, Arts and Crafts, Singing, Dancing, Finger plays and more.

(SESSION 1*: Mondays 1/23, 1/30 & 2/6 10-10:45am – As part of our Tot-Time program, 1st Session is FREE)

♥♥♥Marvelous Mondays♥♥♥ (4-6 year olds)

This class reiterates Kindergarten concepts with an emphasis on phonics and teamwork. Children will also learn about health and nutrition, burn access energy, and work up a sweat. We will play a variety of Fitness and Sports games and activities to enhance children's physical development and teach them to live a healthy lifestyle. Concepts will be taught through a variety of fun, hands on, and educational games and activities. Please pack a lunch.

(SESSION 1*: Mondays 1/23, 1/30 & 2/6 11-2pm - \$12 a day)

♥♥♥Co-Ed Fitness Club♥♥♥ (6-10 year olds)

This club gives children a chance to show off their creativity with a variety of games and activities. It enhances children's self-esteem, social skills, strength, balance, flexibility, attention span, confidence, and gross and fine motor skills. Club will include Acting, Kick Ball, Basketball, Hip Hop, Yoga, Parachute Games, Fitness Games, Boot Camp, Nutrition, Obstacle Courses, Relay Races, Proper Etiquette and Conflict Resolution.

(SESSION 1*: Mondays 1/23, 1/30 & 2/6 3:30-4:30pm/\$5 a day)

Stop in to Tapply Thompson Community Center located at 30 North Main St., Bristol, NH or Call 603-744-2713 to sign up.

***We will continue classes in 3-week sessions, look for additional dates on TTCC Calendars & Website, www.tccrec.org**



Karla Cooper has dedicated her life to children for over ten years. She holds a degree in Early Childhood Education and has experience teaching Pre-school, Kindergarten, and Running her own After-School Program. She owns a Business called Karla's Creative Kidz teaching Dance and Enrichment classes to children. She maintains an active CPR qualification and is also a Certified Dance Instructor. Karla just recently got married and is new to the Lakes Region Area.