



# Born to Move



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## **BORN TO MOVE**

Born to Move offers tailored classes for each age group to encourage self-expression and help to build confidence. There's plenty of opportunity to develop self-awareness, balance and concentration as the children are encouraged to use their imagination to interpret music with movement, dance and games.

These popular classes are FREE for child members and enable children to progress through the series, build skills, grow in confidence and have fun with children their own age. The aim is to create positive attitudes towards physical activity that will last a lifetime.

The youngest age group (age 2-3) requires parents to participate too, but from age 4 upwards, classes are for children only. Our Born to Move leaders have all been carefully selected and are fully trained and certified. Their warm and engaging approach helps to get the best from each child, ensuring that everyone has a great time while doing so!

### **SEE THE LATEST TIMETABLE FOR DATES AND PRICES**

To register your child, you will need to complete a Kings Child Registration Form and hand it in together with payment in full by cheque / card / cash (cheques to be made payable to Kings Premier Health Club).

All payments should be made through Kings reception only. T&Cs apply.