



ENERGETIC MINDS

Mind, Body and Me!

PROGRAM COSTS:

Full Programs:

Mind, Body and Me! With the Whole Team:

Full 9 Week Program. 45 Minute Lessons: Yoga, Zumba, Pilates and Martial Arts/Karate.

Topics:

- Mindfulness and Relaxation,
- Stress and Anxiety Strategies,
- Physical Body,
- Strength and Flexibility,
- The Healthy Body,
- Respectful and Safe Relationships,
- Bullying.

Cost: 1-19 children per class = \$10.00 per class.
20 or more children per class = \$8.00 per class

Educational In Service Workshop Programs:

Jack & Jill Up Bravery Hill

45-60 Minute Lessons For Workshops OR 45 Minutes Each Lesson For 8 Week Program

Topics:

- Feeling Safe and Unsafe,
- Children's Rights,
- Safe Trust,
- Warning Signs,
- It's Ok To Say No!
- Body Ownership,
- Identifying Feelings and Emotions. Secrets.
- Bullying.



Cost:

One-Off Workshop: 45minute = \$10.00 per child 60 Minute = \$12.00 per child

8 Week Program **1-19 children per class** = \$10.00 per class.
 20 or more children per class = \$8.00 per class.

Single Discipline Programs:

A Mindful Me with Miss Honey Bee

Full 8 Week Program. 45 Minute YOGA Lessons

Topics:

- Kindness,
- Attention,
- Calmness,
- Growing,
- Creativity,
- Empathy,
- Emotions,
- The Healthy Body.



A Zumba Life with Zumba Zac and Zumba Zoey

Full 8 Week Program. 45 Minute ZUMBA Lessons

Topics:

- Energy,
- Fitness,
- Positive Attitude,
- Nutrition,
- Drinking,
- Hygiene,
- Sleep,
- Relationships.



A Safe Me with Sensei Lee

Full 8 Week Program. 45 Minute MARTIAL ARTS/KARATE Lessons

Topics:

- Safe Surroundings – Inside and Outside,
- Fire Emergencies,
- Calling 000,
- Stranger Danger,
- Bullying,
- Boss of My Own Body,
- The Healthy Body.



Cost: 1-19 student pax

20 and more student pax

= \$10.00 per class.

= \$8.00 per class

Single Discipline Lesson:

45 Minute Lessons

If you would just prefer a single discipline to come into your centre to take a class

Cost:

= \$10.00 per class.