Kidding Around Yoga is designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they experience in their day to day activities. KAY is stress management for kids and their families!

Ages:

6 - 12 years old

Dates:

October 3 - 24

October 31 - November 28
(No class Thanksgiving week)

December 5 - 26

Times:

Mondays, 4:00 - 5:30 pm

Fee:

$98

(Includes Yoga Mat and Crafts)

Location:

Fusion Early Learning

613 Bogue Road, Yuba City, CA 95993

KAY incorporates cardiovascular conditioning, fun music to get your kids moving, plus all the benefits of Yoga; meditation, breathing techniques, peace, and deep relaxation. KAY will get you and your kids dancing, prancing, walking, basketball, jumping, marching, skipping, jogging, moving and grooving, laughing, breathing, stretching, massaging, shaking, meditation, and more!

Register online or in person at City Hall.

YUBA CITY PARKS & RECREATION

1201 Civic Center Blvd.

(530) 822-4650

www.yubacity.net/registration