



Physical Education Activities

Bam Bouncers-Kangoo Club Woodstock

Who: For ages 10 – 13 (Must be 80lbs+ and shoe size 5+)

When: Thursday afternoons 2:15-3:15pm.

6 weeks of class from March 24th to April 28th

Cost: \$60 per student

Where: Located in the Bam Bouncers-Kangoo Club Woodstock at 29 Clarke St N.

What: These classes will combine aerobic programs, fun games, sport activities, teamwork and dance. It builds coordination, endurance, good posture and self-image in children and teens, as it challenges both the body and brain.

Kangoo Discovery fights obesity and turns negative energy into positive in a fun and enjoyable workout.

Drop and go is suggested as long as current emergency contact information is left and you arrive back 5 minutes prior to the end of the session.

Please bring water. Participants should wear a longer pair of pants or socks that cover the ankles/shins to prevent friction. Masks are not required for physical activities.

To register please email us!

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