



Youth & Teen Yoga

What: Join Yoga instructor Shannon Conway in youth and teen yoga. Shannon will focus on basic yoga movements and poses while teaching deep breathing techniques. For the littles, we also incorporate mini games to keep their focus!

When: Wednesday or Friday nights January 5th – February 4th

Where: Nike Base Community Center
3278 Whitehaven Road

Cost: Res: \$25.00; **Non-res:** \$50.00

Age Groups & Times:

3-4 years old: Wednesdays 6:00pm – 6:50pm

5-7 years old: Fridays: 6:00pm – 7:00pm

8-11 years old: Fridays: 7:15pm – 8:15pm

12-15 years old: Wednesdays: 7:00 – 8:00pm



Registration Opening Date: Monday, November 15th 8:00am
Register at <https://grandislandny.myrec.com>