



Pre-K Yoga

Ages 3-5

What It Is: Join us for an interactive parent & child class incorporating yoga poses, calming techniques, music & fun! Class is approximately 45 minutes.

What To Bring: Your child & your self! A yoga mat (optional), water, clothes you can move around in.

Reserve Your Spot: Class space is limited, please call 523-1160 to reserve your spot in class.

Locations: The Fieldhouse Sports Center 2235 W. Kingsley 65807 (come in the west doors, not the front)

Cost: FREE

Fall 2019 Schedule

August:

Monday 26th 10am

September :

Friday 6th 6pm

Monday 9th 10am

Friday 20th 6pm

Monday 23rd 10am

October:

Friday 4th 6pm

Monday 7th 10am

Friday 18th 6pm

Monday 21st 10am

November:

Friday 1st 6pm

Monday 4th 10am

Friday 15th 6pm

Monday 18th 10am

December:

Monday 2nd 10am

Friday 13th 6pm

Monday 16th 10am

Brought to you by Springfield Parents as Teachers

Instructor: Lacey Hufford

Questions: Email lrhufford@sps.org

(Watch the Springfield MO Parents as Teachers Facebook for any



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