

growing outdoors

CAPOEIRA BRAZILIAN MARTIAL ART



Capoeira is a fantastic martial art from the South American country of Brazil! Kick, jump, run, spin, headstand, handstand, and flip your way into the awesome world of capoeira! Did we mention the rhythms of handmade instruments and Brazilian music that the movements will follow? Timing is key, and students will improve coordination, focus, balance, and more. Come learn capoeira in a fun-filled, high-energy hour online! It's all happening here, don't miss out!

Tuesdays
DK/TK & Kindergarten
(1:30pm – 2:15pm)

OR

Wednesdays
DK/TK - 2nd Grade
(2:50pm – 3:35pm)

For More information and Online Registration:
www.growingoutdoors.com