

## **CAPOEIRA** **BRAZILIAN MARTIAL ART!**



Capoeira is a fantastic martial art from 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 this class helps students develop and improve their coordination, focus, balance, and more. Come learn capoeira in a fun-filled, high-energy class online! It's all happening here!

**DK/TK - 2nd Grade: Wednesdays**  
**(3:00pm – 3:45pm)**

For More information and Online Registration:  
**[www.growingoutdoors.com](http://www.growingoutdoors.com)**