

KG to
5th
Grade

Yoga & Mindfulness



In
French!

Thursdays 3:45-4:45



An hour of yoga, mindful activities and fun games

Who is this class for? Boys & Girls from KG to 5th Grade

Why should your kid take this class? In this class, kids develop their body awareness, strength, balance & focus while playing fun games and learning yoga poses. They also discover mindfulness tools that help them cope with stress and grow with a positive mindset.

\$175
Trimester
-
May 1st
to June 9th

Class taught by Celine Lingelser,
certified Yoga, Kids Yoga & Mindfulness Teacher

Contact:
celine.lingelser@lfsd.org



2023 Spring ASA Registration Form

May 1st - June 9th, 2023 (No classes during breaks and holidays and minimum day)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name :

Phone :

Email :

***Music & Movement Preschool	Mon (TPS / PS/MS)	\$175		*Les petits Yogi (Yoga)	Thurs (KG to 5th)	\$175	
**Mini Chefs Preschool	Thurs (PS/MS)	\$175		*Ballet (KG & up)	Wed (KG & up)	\$175	
*Basketball	Fri (KG & up)	\$175		*Chess Club (one class/week) Please select your day	Mon / Tues / Thur	\$175	
*Masterchef	Tues (KG to 5th)	\$175			Sibling one class / week Mon / Tues / Thur	\$300	
Coding	Fri (2nd & up)	\$175		Chess Club (2 classes/week)	Mon / Tues / Thur	\$300	
**Mini gym & parcours	Fri (PS/MS)	\$175		German (Advance)	Wed (1st & up))	\$175	
Track & Field	Fri (2nd & up)	\$175		** Soccer (Preschool)	Thurs (PS/ MS)	\$175	

***KG **PS/MS**

TOTAL	\$
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- Paid check # If paid copy invoice to parent? Yes No
- Credit card - **(VISA-Mastercard- Discover-Amex ONLY) – NO DEBIT CARD** - we don't keep credit card info on file for security reasons. **There is a 3.5% surcharge, on top of the Grand total, issued by the credit card processor. Payment needs to be made in person with a card in hand.**
- **Forms must be returned with the complete payment. Check payable: Le Lycee francais de San Diego**

Parent / Guardian name:

Signature:

Date:

Lycée Français de San Diego

EPD Init ___/___

<https://lfsd.org>

Admin :

Inv #:

Date :