



Recreation Services
City & County of Broomfield

BROOMFIELD RECREATION SERVICES

Yoga for Kids



Paul Derda Recreation Center

Yoga is a fun way to improve your child's concentration, patience, balance, coordination, and body awareness. Yoga helps calm the nervous system and can help improve sleep while giving kids a new way to play and explore.

Preschool Yoga (Ages 3-5)

Thursdays 3:30 – 4:00 pm with Shannon

Fridays 11:00 – 11:30 am with Jeannie

Youth Yoga (Ages 6-10)

Thursdays 4:00 – 4:45 pm with Shannon

Teen Yoga (Ages 11-15)

Thursdays 4:45 – 5:30 pm with Shannon

Free for annual pass holders/\$32 for residents/\$38 for non-residents

For more information or to sign up for the next six week session, contact the front desk at 303-460-6900 or online at www.broomfield.org/recreation.

**www.BroomfieldRecreation.com
303.460.6900 303.464.5500**

