



## GET FIT & HAVE FUN WITH ZUMBA AFTER SCHOOL

This five-week afterschool activity is open to girls in grades 2–6.  
Join this dynamic exercise program led by certified Zumba instructor  
(and Highland’s own) CINDY RUSS!  
Only \$25 for the five-week series. Proceeds to go to Highland PTO.  
(PTO will offer a limited number of stipends.)



**Monday, November 10, 17, & 24  
December 1 & 8  
3:20–4:45PM**

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**Zumba After School Registration:** Please fill out and return to the PTO (Attention: Nicole Mumma).

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Dismissal Instructions: (circle one) Walker Pick up by \_\_\_\_\_

Registration fee enclosed: \$25

Please circle one: Check made out to *Highland PTO* Cash Stipend

I give \_\_\_\_\_ permission to participate in this high intensity exercise class. \_\_\_\_\_  
(students name) (signature of guardian)

**\*All girls participating must be in gym attire including sneakers. Bring a water bottle.**