Family Yoga
Presenter: MaryClare Chiofalo

For families with children age 3 years through grade 5.

Yoga basics: breathing techniques, partner poses, guided movements, and games. Leave feeling stretched and relaxed.

Mondays: February 1, 8, 22
4 – 4:45 PM

Zoom links will be emailed to all registered participants. Please call 516-921-7161 ext. 211 for registration assistance.

Limited registration begins January 19 for SSD residents; nonresidents: one week later (space permitting). Use child’s own SPL card when registering.