

## **Aerobics**

### **A-Level**

Welcome to DPS's unique Aerobics Programme for your child. Our goal is to provide a safe, fun and progressive environment for your child. Aerobics have proven to be an excellent way to develop life skills, such as plotting for success, self-discipline, goal setting, perseverance, teamwork and fitness. Each level of class follows Ms Bushra Shahab's expertise in this field, the very successful owner of a professional studio. This programme is designed to teach children skills, flexibility and strength training in an appropriate progression. This progression emphasizes safety first, fun second! Each child will be able to achieve success!

<b>Details</b>	<b>Terms</b>
Course Duration	Monthly Basis (Every Saturday)
Age	16/17 – 19 years
Gender	Girls
Class	A Level
Timings	10:00 am – 10:45 am
Fees for DPS Students	Rs.500/- per month
Fees for Non-DPS Students	Rs.600/- per month