

## 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           | 6 Weeks (Every Saturday)      |
| Age                       | 16/17 – 19 years              |
| Gender                    | Girls                         |
| Class                     | A Level                       |
| Timings                   | 10:15 am – 11:00 am           |
| Fees for DPS Students     | Rs.1650/- for complete course |
| Fees for Non-DPS Students | Rs.1850/- for complete course |