



Dear Zumbini friends,

I am so happy that you and your little one have registered for my Zumbini® course "Kalino finds the music!"

The parent-child program developed in the USA by Zumba and BabyFirst: Zumbini®, uses music, movement, instruments and languages to support the cognitive, social and motor skills of children from 0 to 4 years old while strengthening the bond with their parents !

### **It's the best course in the world!**

In a safe atmosphere you can experience the following:

- Early musical education with the rhythms of Latin American music,
- the joy of movement, music, dancing and singing,
- the power of music to create your family memories with one of the most important people in your life,
- The discovery of the different languages: Spanish, German and English.
- many suggestions that you can practice at home ... .. and much more.

And all with the sounds and beats of Zumba!

Free from any assessment and free from pressure to perform, Zumbini® enables you to spend valuable time together.

In order to make the best possible use of this course, I ask you not to use your mobile phone during the course and to actively participate in the course activities. I promise it's easy and good fun!

Every musical skill is welcome, you don't have to sing like an opera singer or know anything about music theory, your child just wants to hear your voice, for them your voice is simply the most beautiful in the world. That's why I ask you to invest some of your time in the songs, it's fun, children love the repetition and if you know the songs, YOU will feel more secure while actively participating.

This program is not a fitness program. Nevertheless, I want you and your child to be dressed comfortably so that you can move freely, we will alternately sit, stand and dance during the class. Unfortunately, we are not allowed to use the studio changing room during this time, so please come ready!

Please take off your shoes when entering the classroom and leave them at the door. You can participate in socks, training shoes or slippers, or barefoot if you want.

During the lesson, we adults try not to talk to each other. I know it is difficult, but I am convinced that once a week for 45 minutes we can communicate through music. After the lesson we have enough time to exchange ideas.

Eating in the room is not possible for hygienic reasons. If your child gets hungry and absolutely needs to eat, you can take a seat for a moment to eat something. When you're done, just come back to the classroom. Breastfeeding and drinking are of course always possible.

I want to assure you that all course activities are age-appropriate. Everything we do has a reason and it is geared towards children's development. From babies up to around 5 years of age, children can benefit from the Zumbini® course at their own pace.

Even if it looks as if your child just looks or just wants to be in your arms or doesn't go along with everything, it is okay! They still perceive everything and brain learns from what is going on. Your child is always making connections, even if they are "only" lying on the mat, running back and forth / crawling around the room or just seem to be in their own world. Every child has their own pace and at Zumbini® this is exactly what is respected and supported.

**The process is what matters, not the performance.**

Zumbini® does not intend to learn music theory, languages or dances, the only goal is to build a beautiful setting for you that allows you to find each other with a lot of fun and Zumba feeling.

I invite you to use this experience for yourself too, let your inner child participate, give you the chance to experience again how much fun making music can be.

Dance! Sing! Laugh! Play!

Enjoy an hour where the freedom of childhood is allowed!

Please remember that ...

- your payment is due by our first class;
- you have a makeup course; you can use it if you have to miss a class
- Participation in the Zumbini courses is entirely at your own risk and you / the child's caregiver are responsible for supervising the entire stay.

I ask you to fill out the attachments (contact details and disclaimer / declaration of consent for digital media / confirmation of participation and registration at Zumbini.com) in your email and bring them with you next time or send them back to me by email.

If you have any questions, you can always reach me at:

by phone / WhatsApp: 01772347177

or by email: [littlemovementstudios@gmail.com](mailto:littlemovementstudios@gmail.com)

**This is happy hour for you and your baby!**

It is an honor for me to be able to experience this time with you.  
I'm really looking forward to you.

Sarah Foster  
Licensed Zumbini® Trainer