



CAPOEIRA CLASSES

for

COLERIDGE Primary School

Tuesdays 15:30-16:20

£10 per lesson

Age Group 4-6 years

Wednesdays 15:30-16:20

£10 per lesson

Age Group 7-11 years

WEEKS OF CAPOEIRA

JANUARY

1. 9/10 2. 16/17 3. 23/24 4. 30/31

FEBRUARY

5. 6/7, HALFTERM 6. 20/21 7. 27/28

MARCH

8. 6/7, 9. 13/14, 10. 20/21, 11. 27/28



Criss Cuzzolin is a dedicated and experienced teacher, her classes give all of the young students the experience in all the disciplines of Capoeira, such as acrobatics and music through carefully prepared lessons which develops concentration, co-ordination and confidence.

Benefits of Capoeira for Children:

The most important part for Capoeira Club London is to have FUN while learning! Co-ordination, balance, agility, flexibility, fun, aerobic fitness, core strengthening, weight management, social skills, discipline, musical skills

For safety and security, Criss and the rest of our team has taught Capoeira to children for a number of years and also holds an enhanced CRB disclosure, approved First Aid qualifications and is fully trained.

VIDEOS

If you click on the links below you can, get a feel of Capoeira and what Capoeira Club London offers and represents

<https://www.youtube.com/watch?v=0b0MGqb2xU8>



Capoeira Club Kids

www.youtube.com

Capoeira e Massa Kids Event in London
www.capoeiraclub.co.uk



Kids Grading 2016

<https://youtu.be/qkNU11Oqhas>

Should your child like to join one of our classes or have any other questions regarding Capoeira please contact **Capoeira Club London** for more information.

Capoeira Club London

Head Coach Criss Cuzzolin

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www.capoeiraclub.co.uk