



SPRING IS COMING

and

RED STARS HAS SOMETHING NEW!

Introducing Mom and Toddler Twirl!



WHAT? "Mom and Toddler Twirl" is a Mommy and Me class for MOMS and Toddlers up to age 3! An introduction to movement with batons- Great for the fun of watching little people exercise with their batons while they develop! This program will introduce dance, stretching and baton with music. It's also great exercise for Moms in a safe and happy place! The Class Coach and Coordinator is KeriAnn Lynch Unger, Assistant Coach and a first grade teacher. She will be joined by 18 month old daughter, KeiraLeigh!

WHEN? 8:15-9:00 AM on Saturdays (when all parents of toddlers are wide awake!) **STARTING APRIL 3, 2021**

WHERE? Veterans Hall, 31 West Broadway, Derry (five minutes from exit 4/93)

WHAT to Wear/Bring: Be sure to come in comfortable clothing as you would wear for any aerobics/fitness class. Please bring a YOGA MAT to sit on. CAMERA'S SUGGESTED to record the moments! Batons will be provided for class. Batons are available to purchase for \$30.

HOW? Our Covid Protocols include 6-12ft Distancing, Limited Class Size, Bring your own Yoga Mat, Hand Sanitizer and Wipes Available, Adults and Children over 2 Must Wear a Mask, Standard Questionnaire as You Enter, No Spectators.

COST? \$25 per month Please bring cash or check to first class of the month.

[Register HERE for April 3rd](#)



Contact Us: theredstartwirlers@yahoo.com
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Visit our website:
theredstartwirlers.com