

Capoeira

-martial art
-movement
-music



Ages 6-9
Tuesdays
5:30 - 6:00 PM

Ages 10+
Thursdays
6:00 - 7:00 PM



SIGN UP

Windsor Heights Lutheran Gym
1240 66th Street, Windsor Heights, IA
(Right behind Grounds for Celebration)
Fees: 6-9 yrs. \$25/month | 10+ \$40/month
Contact us at: shalina@rootscapoeira.com
Register at: tinyurl.com/rootskids

"This is not a Des Moines Public Schools activity. The district shares this information as a courtesy to create awareness of community opportunities available to our students and their families."