

Capoeira Club

Who: Ages 5 and Up

When: Mondays from October 7th to December 2nd, 3:15 to 4:00

Cost: \$80 (\$10 per session)



Capoeira is an Afro-Brazilian martial art that combines self-defense, dance, acrobatics and music. It is practiced throughout the world, and there's a strong capoeira community in Philadelphia. After playing capoeira in PE class last year (a highlight video is on Meadowbrook's YouTube page), we're now offering an afterschool program led by the talented local instructor Ashley "Cuica" Orillion. Participants will learn basic capoeira moves as well as be immersed in the rhythms of traditional capoeira music using drums, tambourines and the "berimbau"—a percussion instrument made with a wooden bow and a gourd. White capoeira pants are available for purchase, and each club member will receive a capoeira belt/cord at the end of the 8-week program. If you are interested in signing up, please return this form and the payment to Mr. Oser. *Obrigado!*

Participant Name(s): _____

Please make checks payable to "The Meadowbrook School"

