

Frequently Asked Questions

Q: Can my child store their Yoga mat at Colonial Sports?

A: Yes. The mats will be labeled with their names and can be kept at Colonial Sports while they are actively enrolled in a Yoga program.

Q: Will my child still have an opportunity to complete their homework during the after-school program?

A: Yes. If they are taking their Yoga class during the designated homework time they will have the option to work on homework during free time.

Q: Why is this an additional cost and not included like other activities?

A: We have partnered with the company Aqua Om in order to make this program available at Colonial Sports. The classes are taught by a certified instructor and are not unlike the other specialty classes offered at Colonial Sports such as karate and dance.

Q: If I sign up my child for the four-week introduction program and they miss a class will I get refunded?

A: No. We are offering this introductory program at a discounted rate in efforts to make it available to as many as possible. We will not refund missed classes during this four-week introductory period.

Q: What should my child wear to Yoga?

A: There is no specific uniform or outfit they need to wear. Any clothes that are comfortable and allow for them to stretch, bend and move easily is fine.

Q: How do I register and pay?

A: You can register your child by calling or coming in person to Colonial Sports. The program is \$40 or \$45 including a Yoga mat. Register by March 1st.