

CAPOEIRA FOR KIDS



Kick, spin, and flip! Explore the 400-year-old Afro-Brazilian practice that combines dance, martial arts, and acrobatics into a single art form. Discover capoeira's rich history, the musical instruments, and basic movements including ginga (swing) and esquivá (duck). Begin with a demonstration by an experienced capoeirista. Then, it's your turn to practice the dance movements that inspired some of today's popular dance steps - including break dancing!

- Begin with a short introduction and demonstration by a seasoned capoeira instructor
- Learn about the music, history, and self-defense benefits of this ancient dance form
- Stretch and warm-up, then practice in groups the basic swings, sweeps and kicks of capoeira
- Take home a commemorative t-shirt and a new understanding of an ancient art
- Perfect experience for kids of all shapes, sizes and disabilities

Your Gift Locations*

Philadelphia, PA

Availability

Year round, Wednesday and Friday

Duration

1 hour

Essential Information

For ages 7-12 years old; no previous dance experience or special level of fitness is required

Numbers

Experience for 2 in a group up to 14



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-03-1145-A