

The Zones Academy

ages 8-12

- Based on the Zones of Regulation® curriculum.
- Recognize & understand emotions and energy levels.
- Explore tools & strategies to be ready for life's challenges.
- Build self-awareness & emotional confidence.



Schedule: Mondays, 6:00–6:55 p.m.



Dates: 9/15 - 12/8/25



Makeup Date: 12/15 (missed one?)



Duration: 12 weeks, 55 minutes/session



Location: Inside Out Learners



Cost: \$435 reg price -or-
\$420 cash/chk discount

