



Child and Family Centre

Let's Get Physical!

2 - 6 years

Children who are physically active feel good about themselves. During this program we will stretch & bend and experience exercise activities that will help to keep our bodies healthy.

Being active together benefits everyone and helps improve children's balance, co-ordination, strength, endurance and confidence.

Parents will be provided with a variety of song sheets and reference materials from various sources on the importance of family fitness.

Children and parents will learn the importance of nutrition and taking care of their physical health. Our goal is to help set them on the road to life-long physical activity!

