

Family Gym Night is heading to the Great Outdoors



FREE

Thursdays starting October 1st, 2020

6pm – 7pm

Altona Centennial Park

No snacks or drinks
available, please bring
a water bottle.

ages 3-5



This program promotes physical activity & fitness. Parents will assist their children in developing basic skills like balance, agility and teamwork through a variety of games.

Parent - Child participation expected

Please dress according to the weather!
(jacket, splash pants, proper footwear, hat & mittens)

Registration is strongly suggested in order
to ensure safe practices during the program.

Call Nina 204-324-2352 or email aafrcc1998@gmail



Altona and Area
Family Resource Centre