

# BORN TO MOVE & GROOVE

This high energy class will incorporate playful movement, music, and kids fitness games. We will also explore gymnastics Fundamentals, animal walks as well as ball and sport skills. The goal of this class will be to increase your child's physical literacy. Physical literacy is when kids have developed the skills, confidence and love of movement to be physically active for life! Come and join the fun. Ages 4 - 9



**NEW  
KIDS PROGRAM**

## **Minimum 6 registrants required.**

**WHERE:** Centralta Community Centre (5109 46 St)

**WHEN:** Sept 21st - Nov 30th (~~no class Oct 17th~~)

**TIME:** Thursday's, 5:15 - 6:00 pm

**FEE:** \$63.00 (includes GST)

**INSTRUCTOR:** Chasity Cyr

**Visit the Town Office to  
register today!**

5021 50 St, Legal AB

Call 961-3773

for more info.