

January 2010
HOLIDAY PROGRAM

Beat the heat!

Why not drop the kids off for a class in our Air Conditioned Kids Fitness Room in Currumbin.
BOOKINGS ESSENTIAL - Numbers strictly limited.

Details are as follows:

DAY & DATE	TIME	CLASS TYPE
Monday 11 th JANUARY 2010	9am to 9.30am	Mummy Daddy & Me. Ages 18months to 3yrs <i>Obstacle course and activities for the little ones. Parachute games and nutrition all to music! Air conditioned centre</i> Numbers limited.
Monday 11 th JANUARY 2010	10.15am to 11am	Kinder Circuit. Ages 3 to 5 yrs Come and have a go on the great "mini" exercise equipment - gross motor skill activities to help develop your child's skills. Air conditioned centre. Numbers limited.
Monday 11 th JANUARY 2010	11.15 to Noon	Kids Circuit 5 to 8 yrs An active circuit incorporating mini exercise equipment, ball skills, and games. Burn off some of that holiday energy! Air conditioned centre Numbers Limited
Tuesday 12 th JANUARY 2010	9am to 9.30am	Mummy Daddy & Me. Ages 18months to 3yrs <i>Obstacle course and activities for the little ones. Parachute games and nutrition all to music! Air conditioned centre</i> Numbers limited.
Tuesday 12 th JANUARY 2010	10.15am to 11am	Kinder Circuit. Ages 3 to 5 yrs Come and have a go on the great "mini" exercise equipment - gross motor skill activities to help develop your child's skills. Air conditioned centre. Numbers limited.
Tuesday 12 th JANUARY 2010	11.15 to Noon	Kids Circuit 5 to 8 yrs An active circuit incorporating mini exercise equipment, ball skills, and games. Burn off some of that holiday energy! Air conditioned centre. Numbers Limited
Tuesday 12 th JANUARY 2010	2pm to 2.45pm	Kids Circuit 5 to 8 yrs An active circuit incorporating mini exercise equipment, ball skills, and games. Burn off some of that holiday energy! Air conditioned centre. Numbers Limited
Wednesday 13 th JANUARY 2010	9am to 9.30am	Kinder YOGA 2.5 to 5 yrs. Parents and their children love this active and lively yoga class. Parent/ carer involvement required. Air conditioned centre. Numbers limited.
Wednesday 13 th JANUARY 2010	10am	Kids Yoga 5 to 9 yrs A fun yoga class for young people to learn some stretching and relaxation techniques. Air conditioned centre. Numbers Limited.

BOOKINGS Can be made by phone: 55 34 40 30 or email: info@childrensfitnesscentre.com.au

Check out the web site for more information – additional classes will be scheduled over the holiday period.