



active

ACTivate Children's Club at Ken Fletcher Park, Tennyson

**FREE sessions every Friday from 29 January to
18 March 2016, 3:30-4:30pm**

Two sessions will be offered every Friday for juniors (3-5 years) and seniors (6-10 years).

Come and get active and healthy, meet new friends and develop a new skill each week. Activities will include using balls of all shapes and sizes, hoops, parachutes, jumping sacks, skipping ropes, music and interactive games.

Participants will develop skills in the areas of hand-eye coordination, balance, flexibility, cardiovascular fitness and teamwork; and improve their self-esteem.

These sessions will ACTivate you, with a strong focus on creativity and fun, in a safe, relaxed and energetic environment.

Registration is essential and can be made by visiting
www.bazilgrumble.com.au

This workshop is presented as part of
Brisbane City Council's Active Parks program.

For more information contact Bazil Grumble
by emailing admin@bazilgrumble.com.au or calling 0411 246 487.

