

Cardinia Life Aligned Active Kids

Date: 1st February to 29th March

Location: 4 Olympic Way, Pakenham

Aligned Active Kids is designed for children aged 2-5 years and runs Thursdays at 10:30am during the school term. At just \$8 per child per class Aligned Active Kids is an affordable way to get your child's body moving

Term 1 time and prices

10.30am Thursday beginning 1st February 9 weeks \$72.
The Term Class will run if there are a minimum of 8 enrolled.

The benefits and what it involves

Physical activity is vital for a child's development and lays the foundation for a healthy and active life.

The benefits of being active for young children include:

- Promoting healthy growth and development
- Building strong bones and muscles
- Improving balance, coordination, posture and strength
- Maintaining and developing flexibility
- Assisting with the development of gross and fine motor skills
- Providing the opportunity to develop fundamental movement skills
- Helping to establish connections between different parts of the brain
- Improving sleep, concentration, confidence and self esteem
- Relieving stress and promoting relaxation
- Providing opportunities to develop social skills and make friends

Enrol today

Contact: Rose via Rose.Meredith@alignedleisure.com.au
for further information.