

## **Cardinia Life Aligned Active Primary School Kids**

**Date:** 1<sup>st</sup> March to 29<sup>th</sup> March

**Location:** 4 Olympic Way, Pakenham

Aligned Active Primary School Kids is designed for children primary school aged and runs Thursdays at 4:30pm during the school term. At just \$7.60 per child per class Aligned Active Primary School Kids is an affordable way to get your child's body moving

### **Term 1 time and prices**

4.30pm Thursday beginning 1<sup>st</sup> March 5 weeks.

### **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

**Contact:** Rose via [Rose.Meredith@alignedleisure.com.au](mailto:Rose.Meredith@alignedleisure.com.au) for further information.