



Physical Learning Systems for Whole Child Growth

Join South County Youth Coalition and CaliKids Fitness for a FREE series on movement and fun!

RESERVE YOUR SPOT TODAY!

Class Details:

- Perfect for kiddos 3-5 years old.
- 4 week series starting Tues. Oct 6th through Oct 27th.
- Dates: 10/6, 10/13, 10/20, 10/27- 4:30pm- 5:30pm
- Location: Bakeman Lane Park, Arroyo Grande
- Promoting healthy habits through exercise, dance, tumble and play.
- Join us for warm ups, dances, relays, skills and drills, and games!
- During class families are showered with upbeat positive instructions and directions.
- Kiddos will increase their strength, flexibility and agility as our teacher introduces new exercises.
- Families will also receive a FREE month of Zoom classes with CaliKids Fitness while taking their in person classes.

To register: Call 805-474-2105 or online @

<https://www.eventbrite.com/e/physical-learning-systems-for-whole-child-growth-registration-122326492833>

Each participant will be required to sign a waiver to participate in the class

SLO County COVID Health recommendations will be practiced

We can't wait to see you!

