

Family Open Gym

EveryBODY Active

Sponsored by:



FREE Open Gyms for Families

Cost: FREE

When: Wednesdays

January 9 to March 13, 2019

Time: 5:30—7:00pm

Where: O'Brien School Gym

Who: Open to all families

Children must be accompanied by an adult

What to bring: Indoor shoes, water, and EveryBODY ready to be physically active.

The gym attendant will provide a variety of scheduled activities to promote physical fitness, fun and once in awhile The Bounce House will appear.

This class is for EveryBODY in your family, come out and join other families and have some fun!

**For more information call
Community Services 250.784.3604**