

Family Exercise Classes You can do with your kids!!!

St Mark's Church Hall, North Road, Darlington DL1 3BH

Starting Tuesday 14th January 2025

5pm – 6pm 1 hour session for 8 weeks

(These sessions are free of charge)

Parents – why not come along with your children and enjoy these fun exercise classes for all the family?. Designed for parents and children 4 – 11 years. Exercise is a great way to connect with your children and pass on healthy habits to improve their well-being.

A qualified and fully insured professional Instructor will ensure that all exercises are safe and help parents and children become fitter and healthier together. Parents will be able to take a rest whenever they need!

The sessions will:

- Enhances motor skills
- Improve Hand/eye co-ordination
- Improve cardiovascular fitness
- Promote growth and development
- Strengthen bones and muscles
- Enhance brain function
- Increase academic performance
- Improve emotional wellbeing
- Increase Social skills



IT'S SIMPLE

Anyone can do it and you will leave the sessions feeling energised and with a sense of achievement

IT'S SOCIAL

Meet other like-minded families whilst exercising with others to help you stay motivated

IT'S FUN

Fun comes first and we guarantee there will be lots of fun and laughter along the way

If you are interested in reserving a place for this 8 week course - send your name, address and telephone number to Caroline Ferguson at

Caroline.ferguson64@gmail.com

Or give us a call on Tel 07816154 355

Book early as places are limited

Funded by Point North Community Grant