

Come out and join Sprout Spot, a new fitness program designed for young children and their caregivers.

Be a part of the group for some fitness, fun and parent bonding! A program geared specifically towards two- four year old children, this program allows for your child to exercise their bodies and minds while having fun and interacting with other children!

Games such as red light green light, obstacle courses, parachute games and tagging games will keep your child interested and wanting to come back for more!

Children will practice galloping, skipping, running, and other motor skill movements.

Classes will be held on Monday mornings from 10:00am-11:00am at the Lower Township Recreation Center beginning on Monday, November 5, 2018.

Classes are being instructed by Heather McNulty. Drop in fee is \$5.00 per class.