



# KidFit 60

After School Active Alternative

**JOIN THE MOVEMENT  
REGISTER TODAY  
FOR JANUARY TO JUNE!**

## WHO:

- Children ages 5 to 13

## WHAT:

- Activity-based after school care

## WHEN:

- 3:30 to 5:45 pm, Monday to Friday

## WHERE:

- Garden City Community Centre

## THE PROGRAM:

KidFit 60 is a safe, after school active program for children ages 5 to 13 to engage in daily workout sessions, structured group games, and activities led by physical education teachers at the Garden City Community Centre soccer complex and gymnasium. KidFit 60 runs everyday after school.

## CONTACT US:

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www.KidFit60.com

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