

New!



YFitKidz

Summer 2009 Programme

A non-competitive fitness session incorporating games, circuits, and healthy activities—all focused on fun!

Ages 8-12

Tuesdays & Thursdays 2-3pm

21st July '09

£1.50 per child, per session.

Advanced registration required. Space is limited

Parents & Carers—why not get active yourself and use the YClub Fitness Centre during the children's sessions for only £2.50!

YMCA North Tyneside

Church Way, North Shields, NE29 0AB
0191 257 5434 www.ymcanorthtyneside.co.uk