

# FREE TERM 2 PROGRAMS FOR KIDS

## CHILDREN'S BOOTCAMP | 7–12 yrs

Physical activities class to stay active and healthy, better stamina and condition through exercise

THU 4:00 - 4:30 PM

## MOTOR MOVERS | 6–10 yrs

General movement and activities class to work on gross motor skills, coordination, and balance

THU 4:00 - 4:45 PM

Please note that an active PCYC Annual Membership is required for all activities and programs at PCYC.

Location: PCYC Armidale (176 Rusden Street).

Numbers are limited. Please contact Brigitta to book your spot

bvelbri@pcycnsw.org.au or 0482 165 746

These free programs are run by PCYC Armidale in partnership with UNE's Get Active United program. Get Active United program is proudly funded by the Office for Regional Youth – Children and Young People Wellbeing Recovery initiative.

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