

KIDZ FIT

Multisport and Fitness programme



Get Active! Get Healthy! Get Fit!

TUESDAY **HOLYWELL YOUTH AND COMMUNITY CENTRE**

(4-5pm for both age groups)

WEDNESDAY **SEALAND YOUTH AND COMMUNITY CENTRE**

(4-5pm for both age groups)

JADE JONES PAVILION, FLINT

THURSDAY **BUCKLEY LEISURE CENTRE**

(4-5pm for both age groups)

£2.50 per session

AGE 4-7: 4.00 – 5.00pm

AGE 8-12: 5.00 – 6.00pm

For further information contact Kirsty Hughes on 01352 702481 or
email kirsty.hughes@aura.wales