



Stroll, Strength & Stretch

For families with children under 15 months

★ (children need to be in a stroller or wagon for the walk)

Join us and other families with little ones in strollers for fitness & fun! Each class will include walking fitness, balance, strength and flexibility throughout the walk.

Friday Mornings

May 30, June 6, 13, 20

Haliburton

Head Lake Park

(Meet at the town docks)

10:00 am to 10:45 am



Weather permitting.
Check our website/Facebook
for any possible cancellations
before heading out.



EarlyON
Child and Family Centre