

Spring in my Step



FREE PROGRAM

Parents/caregivers and children 0-5 years

No childminding provided - children must
be in a stroller/wagon

Tuesday Mornings
April 12th - June 21st
10:00-11:30 a.m.

Selkirk United Church, 202 McLean Ave

Come for Rhymes, Snack, Walking Program,
and

Anywhere/Anytime Exercises

(We walk outdoors so please dress for the weather)

For more information or to register:

Email: rsemenowich@gmail.com

Funding provided by Department of Families