



**Have trouble finding time to exercise?
Have energetic kids?**

KARDIO KIDS NOW AT 3:45!



Children 3+ can join in with an adult for a fun and interactive 30 minute workout. Drop-in!

**Sechelt Aquatic Centre
Mondays 3:45-4:15 - Starting Sept. 10
Included in your MYPASS or just pay regular drop-in fees**



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