

JOIN US for an afternoon of FUN!



WHAT?

A FREE afternoon of DrumFit® and Makedo™ drop-in activities & Free Giveaways!

Healthy snacks & bus tickets provided (including a smoothie bar!)

Wear comfortable clothing

WHO?

Parents and their child(ren) aged 0-6

WHERE?

Lower level of 645 Westmount Road E, Kitchener



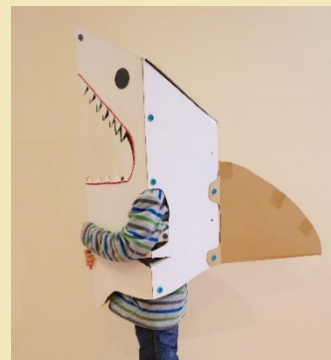
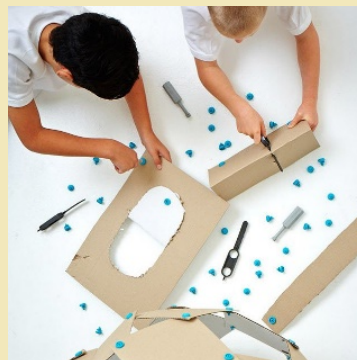
CAPC (Children And Parents Connecting)
SATURDAY, APRIL 21ST 1- 4 PM

Dads and Moms, bring your child(ren) for an afternoon of FUN!



Image accessed from: <http://www.ymcacambridgekw.ca/en/health-fitness-aquatics/ark/Families.asp>

DrumFit® uses exercise balls and drumsticks to provide great physical exercise for people of all ages! Parents and children will have fun moving to the music, alongside other families.



Makedo™ construction kits can be used by adults and children to make simple cardboard into masterpieces.

Please Register in Advance: (Online) <https://bit.ly/2lf3GbA>

OR Call (519) 743-6333 ext.383

fzagarrio@carizon.ca

www.carizon.ca