

F.A.Q

Who is this for?

Mothers (18-45 Years)

Children (0-12 Years)

When:

Tuesdays: 6:00 - 8:00pm

Space is limited -

Registration Required

Cost: FREE

Contact:

Eneyda Guerra -

Supervisor, Children &

Family programs

(T): 416.392.1509 ext. 319

(E): eneyda@waterfront.ca

What would the children be doing?

Being Active is a Family Affair!

While Moms participate in new fitness & health sessions, children will have their own fun engaging in age-appropriate physical activities supervised by qualified Early Childhood Educators.

Active Start: Focuses on development of movement skills through active play.

FUNDamentalist: Focuses on teaching a wide variety of fundamental movements and building motor skills as they participate in a number of different activities including sport.

Learning to Train: Focuses on learning fundamental sport decision-making skills by participating in a variety of sports and activities

Active for Life: Focuses on the lifelong enjoyment of sport and physical activity.

General Weekly Program Plan

Together We Fit Activities:

- Mothers-only Fitness & Personal training
- Mothers-only Health, Self-care & Well-being Workshops:
 - Mindfulness
 - Healthy ways to deal with Stress & Anxiety
 - Positive Parenting & Communication Tips
- Benefits of Personal Networks
- Mothers-only Fitness, Sports & Recreation:
 - Cycling
 - Dancing - Hip Hop
 - Kayaking
 - Rock Climbing
 - Running
 - Sailing
 - Self-defense
 - Swimming
 - Trampoline
 - Water aerobics
 - Zumba
- Mother & Child Fitness Time
- Children's Active Play, Sports & Recreation that focus on fundamental movement skills, teamwork & staying active!