



February Family Fun & Fitness Month



Come out and join this FREE opportunity with your family in playing various sports and activities.

We will have licensed coaches and instructors facilitating:

Tuesday, February 4: *Family Soccer, Yoga/Tai Chi, Walking / Running the track*

Tuesday, February 11: *Family Football, Yoga/Tai Chi, Walking / Running the track*

Tuesday, February 18: *Family Soccer, Yoga/Tai Chi, Walking / Running the track*

Tuesday, February 25: *Family Frisbee, Yoga/Tai Chi, Walking / Running the track*

Every Tuesday, in February, from 4-5pm at Monarch Park Stadium, light snack and transportation provided. All children must have parent or guardian supervision and must pre-register to join.

To register and organize TTC transportation or for more information please call or email your community support worker at:

Duane Spencer 416-884-2941 duane.spencer@tdsb.on.ca



One block south of the Danforth on Coxwell Ave.