

# DEC. DADDY AND ME

Free Drop-in Program for Dads/Male caregivers and their children 0 – 6yrs

## Strong Start Gym Night



**Dec.11 Wed.6-7:30pm**  
**Robert Ogilvie School 9907 86 St.**  
**Snacks donated by SD#60**

Fivestar Training has had a change in their Children's Programming and the Daddy & Me event will be an **Introduction to Kick Boxing for children 3-6yrs**

It will follow the Tae Kwon Do structure very closely but also adds more training, better conditioning, and more self defense.



**Dressing for the activity:**  
Please wear sweat pants or shorts and a t-shirt (no zippers etc.)  
You will need to remove socks when you arrive.

**Dec.14 Sat.10-11am**  
**Fivestar Training Facility**  
**10116 94 Ave.**  
**Snacks donated by The Quality Inn**



For more information about Daddy and Me, please contact:  
Pam at NPCRS: Family Place 250.785.6021 ext. 232 [www.npcrs.bc.ca](http://www.npcrs.bc.ca)  
Jaimelia at SD#60: Early Learning 250.262.6040 [www.earlylearning.prn.bc.ca](http://www.earlylearning.prn.bc.ca)  
[www.familyfriendlycommunity.ca](http://www.familyfriendlycommunity.ca)