

# growingoutdoors

## Weekday Workouts!

Get up and get moving! Let's go! In these fun and high-energy active movement sessions on zoom, we'll have a blast together working on a variety of athletic skills. This is the perfect opportunity to learn some awesome ways to stay physically active this winter (even online!), and have a great time while doing it!



**DK/TK-Kindergarten: Wednesdays (2:00pm-2:45pm)**  
**1st-3rd Grade: Wednesdays (3:00pm-3:45pm)**



For Information and  
Online Registration:

**[growingoutdoors.com](http://growingoutdoors.com)**