

Fall 2019

Kiddie Kardio

Lets get those preschoolers moving!!!

Introducing the Henderson-Vance Recreation and Parks first fitness class for preschoolers!!! Kids ages 1 to 5 will move and groove, play and stretch to fun music while bringing out lots of energy!!! Parents must stay and supervise child and are welcome to join the fun!!!



Mondays, October 7, 14 & 21

6:00pm-6:30pm

\$1.00 Members

\$2.00 Non-Members

Class held at Aycock Recreation Center

Instructor: Tyere Wiggins

Contact:

Lauren Newlin, Aquatics Program Supervisor

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<http://ci.henderson.nc.us/departments/recreation-and-parks/>

Find us: Henderson Vance



The mission of the Henderson-Vance Recreation & Parks Department is to provide safe facilities, quality services, programs that are affordable, open and friendly, to enrich the overall quality of life for all residents.