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Special Summer Programs

CHILDREN (AGES 5 - 11)
Dance Fit Kids with Michelle Pellerin
Get your child excited to exercise through learning the latest Hip Hop moves that bring fun to working out! A great way for children to be active during the summer.
7 weeks | Tuesdays | 5:30 - 6:15pm | \$42 | July 14 - August 25

ADULT (AGES 16+)
Vitality Challenge with Camilla MacLean
Keep active and fit during the summer with this group training that includes nutritional support, journaling, goal setting and challenging work outs to keep you motivated. Work outs will be done outside when possible.
8 weeks / 16 sessions | Mondays & Wednesdays | 5:45 - 6:45pm
\$128 plus HST | July 13 - September 16

BABY SITTERS COURSE
Basic first aid and caregiving skills for youth 11-14 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course also offers youth the training to promote themselves as a babysitter to prospective parents. Participants must attend full course and receive a minimum of 75% grade on the written exam.
Course Content includes:
• Business of babysitting
• Caring for babies Caring for toddlers
• Caring for preschoolers
• Caring for school-aged children
• Creating safe environments
• How to handle emergencies and first aid
1 day course | 9:00am - 5:00pm | \$50 | July 8th & August 19th
Registration deadline is one week prior to course date.

See you at the RECC!



"NO REGRETS" WARRANTY
* Some conditions may apply

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WE ALL PLAY FOR CANADA
Fundy Trail Mall, Truro, NS, 902-897-4466


RATH EASTLINK COMMUNITY CENTRE

Book your child's next birthday party at the RECC!
Includes an hour in our party room and an hour of supervised activity:



- ✓ Swimming
- ✓ Rock Climbing
- ✓ Children's Zumba
- ✓ Children's Yoga

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