

# Edinburgh Leisure invite you and your little ones to join them on Friday



If your child has bags of energy to burn off – then join Edinburgh Leisure for a FREE Born to Move Roadshow at Meadowbank Sports Centre on Friday, 30 September 2016.

Born to Move is focused on inspiring young people to fall in love with physical activity, and let them enjoy the energy, confidence, good health and increased ability that goes with it.

The classes are suitable for 2-3 year olds and 4-5 year olds and are jam packed with smiles, laughter, fun and singing. Each class teaches age appropriate motor skills that improve agility, balance, co-ordination, endurance, flexibility and speed.

The Born to Move instructors will be delivering a roadshow with FREE half hour sessions throughout the day as follows, and will be on hand to answer any questions you have about the classes.

The following sessions will be available: 2-3 year olds need to be accompanied by a parent / carer

2-3 year olds	10:00	10:30
	10:45	11:15
	11:30	12:00
	12:15	12:45

4-5 year olds	13:00	13:30
	14:00	14:30
	15:00	15:30
	16:00	16:30

Contact reception at Meadowbank to book on T: 0131 661 5351 or  
E: [info.msc@edinburghleisure.co.uk](mailto:info.msc@edinburghleisure.co.uk)