



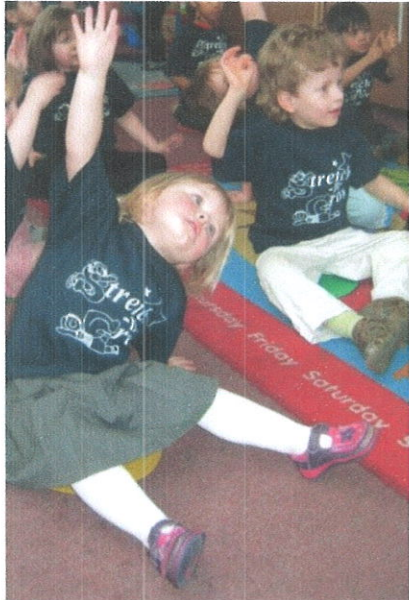
Stretch -n- Grow®



The World's leading health and fitness programme for young children

We Love Stretch-n-Grow !

- * We have magical adventures every week
- * We use colourful props and exercise to funky music
- * We improve our motor skills, coordination, balance, strength, flexibility and social skills
- * We learn about our bodies
- * We learn about healthy food
- * We learn that exercise is fun!



Classes here every Friday!

For more information, call Kathy on 07733 262731, email me at altrincham@stretch-n-grow.co.uk or visit our web-site www.stretch-n-grow.co.uk