

Rickmansworth Children's Centre



Sure Start
Children's Centres

and

Mums of Steel



MUMS OF STEEL

are offering 8 week courses during the spring and summer.

Have some fun and get fit!

Each course runs for 8 weeks, and will take place in King George V Playing Fields, Shepherds Lane, Mill End, Rickmansworth, **whatever the weather!** Ensure appropriate clothing for self and baby, and remember to bring a towel, a mat or something to lay on the ground, suitable for doing stomach work.

Course dates: Tuesday 3rd May 11 - 12 pm
 Tuesday 5th July 11 - 12 pm

Please contact the centre regarding course fees and registration

You will be asked to complete a fitness questionnaire before beginning the course. If you have any questions, please call the Children's Centre on 01923 772094.

For further information on **mums of steel**, or if you have any queries regarding the course, please contact Mary on: 07709 342329 or e-mail her on: info@mumsofsteel.com