



Mums and Daughters fun fitness



Fridays

230pm-330pm

Forrester High School Games Hall

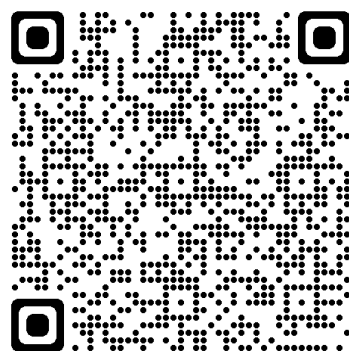
Active Schools and Jump Edinburgh are holding a mums and daughters weekly session with different activities that you can do together. Fun fitness based activities for all levels - no experience or fitness level required. A chance to set aside some quality time to spend with your daughter.

These sessions are for mums and daughters aged primary 5 and older. If you are in S3 or above you can come along yourself or with a friend.

Please sign up at the link below. There is a small charge for adults (£20 for 10 weeks). Children are free. If you are receiving benefits select the free option on the sign up, otherwise select £20.

If you have any questions please email me shona.clark@ea.edin.sch.uk

[SIGN UP HERE NOW](#)



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