

mini movers



From the Ground Up

is a **free**, fun program designed to help pre school kids (3-6yrs) and their families* build long-term healthy habits.

Get Moving:

Kids will have a blast trying fun sports and games.

Eat Well:

Learn about healthy treats while sharing yummy snacks together

Grow Together:

Dig into the garden, learn where food comes from, and make new friends!



Group One

Wed 8th & 15th April 2026
9.00am-10.15am

Group Two

Wed 8th & 15th April 2026
10.45am - 12.00pm

Leisure networks



Colac Salvos



GIVE WHERE YOU LIVE FOUNDATION



Minimovers 'From the Ground Up' is a program developed by Leisure Networks. These sessions are in partnership with Leisure Networks, Colac Salvation Army & Wyld Work Projects. *Older siblings are welcome, please register when booking.

For more information contact **Gretta Connell**: gretta.connell@leisurenetworks.org or 52249976

Scan Me!

