

Dublin City Council Sport & Recreation Programme

**Targeting:
Parents with Young
Children**

- ⇒ Every Wednesday
(weather permitting)
 - ⇒ 11am
- ⇒ Johnstown Park
(Meet at Playground
entrance)
- ⇒ FREE of charge

For further information, please
contact:

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Sport & Recreation Officer
Dublin City Council
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PRAMS IN THE PARK

Prams in the Park is a fantastic way to get out with your baby and get some fresh air and exercise. Sessions last 1 hour and include walking and some light strengthening and toning exercises.

All exercises catered to individual ability.

