

**Lets Get Moving is a registered program for children in grades 1 to 6 that focuses on physical activity, nutrition, personal health and well-being. The program runs Monday - Friday for two hours after the dismissal bell. A nutritious snack is provided each day. The program operates at a 1:15 ratio (staff to participants).**



Hamilton-Wentworth  
Catholic District School Board  
*Believing. Achieving. Serving*

**HWDSB**

# Let's Get Moving

## AFTER SCHOOL PROGRAM

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### Program Locations

- St. Kateri Tekakwitha School
- Parkdale School
- St. Agnes School
- C.B. Stirling School
- Prince of Wales School
- Strathcona School
- Holy Name of Jesus School
- Queen Mary School
- Hillcrest School
- St. Francis Xavier Catholic School
- St. Ann School
- W.H. Ballard School
- Viscount Montgomery Public School

