



GO KIDS

IS COMING TO WAVERLEY ABBEY!

WHAT IS GO KIDS?

GO Kids is a fun and engaging program that builds children's physical confidence and capability in areas like agility, balance, strength, power, nutrition, body awareness, coordination and flexibility.

Helping kids
feel stronger
and
healthier.



WHAT IS INCLUDED?

Dynamic warm-ups and games
Movement & strength challenges
Kids explore how their bodies work
Kids learn the importance of nutrition
Positivity, teamwork and fun!

DETAILS

Starts: 9th September 2025

When: Every Tuesday at 0750 am

Who: Anyone

Where: School field

Cost: £7 per session

Sign up: [Registration Form](#)



GET IN TOUCH

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