



Health
Central Coast
Local Health District

FREE fun program for kids to become healthier, fitter and happier!

The Go4Fun Program is an established healthy lifestyle program to improve **health, fitness, self esteem and confidence** in children who are **above** their healthy weight.

What happens in the Go4Fun Program?

The program runs over one school term (10 weeks). There are 20 sessions (2 sessions/week, 2hrs/session). All sessions run after school. Sessions include:

- Games, activities and swimming for kids
- Easy, effective ways to improve your child's self esteem and confidence
- Demonstrations, games and tips on healthy foods, label reading and portion sizes
- A fun supermarket tour and a chance to try delicious new foods!

Where?

Gosford Olympic Pool
Peninsula Leisure Centre
Mingara Recreation Club
Toukley Aquatic Centre

How much does the program cost?

The program is completely **free** as it is funded by NSW Health



How can I join the program?

Places on the Program are being given away on a first come, first served basis. Children need to be in **7-13 years of age** and **above their healthy weight** to qualify for the program.

Contact Louise on **(02) 4394 7974** or register today on **1800 780 900**

Please note a parent or carer must accompany each child to every session