



Ready Steady Go!

A HEALTHY LIFESTYLES AFTER SCHOOL AND WEEKEND CLUB FOR CHILDREN AND FAMILIES



-  IMPROVE YOUR CHILD'S CONFIDENCE
-  BUILD HEALTHY HABITS
-  HELP YOUR FAMILY TO BE MORE ACTIVE
-  START EATING HEALTHIER
-  LEARN TO READ FOOD LABELS
-  FIND OUT HOW TO SHOP SMARTER

READY STEADY GO! IS AVAILABLE FOR CHILDREN AGED 4 TO 12 WHO ARE ABOVE THE HEALTHY WEIGHT



FREE OF CHARGE



2 HOUR SESSIONS



12 WEEKS ONCE A WEEK



NUTRITION INFORMATION



PARENTS WORKSHOP



PHYSICAL EXERCISE

NEW PROGRAMMES STARTING IN JANUARY 2019

West Norwood Health & Leisure Centre
25 Devane Way, SE27 0DF

Monday 5-7pm
children aged 7-12
starting 14/01

St John's Angell Town Primary School
85 Angell Road, SW9 7HH

Wednesday 5-7pm
children aged 7-12
starting 16/01

Thursday 5-7pm
children aged 4-6
starting 31/01

Black Prince Trust
Beaufoy Walk, SE11 6AA

Saturday 10am-12pm
children aged 4-6
starting 02/02

Saturday 12pm-2pm
children aged 7-12
starting 19/01

REGISTER VIA READYSTEADYGO@LAMBETH.GOV.UK

OR BY PHONE 079 6159 1849 / 020 7926 0618

LOVE.LAMBETH.GOV.UK/READY-STEADY-GO

