

Move with us

Join our **FREE 9-Week Movement Programme** for 5-11yr olds packed with fun ways to move your body!

- ✨ Try new games and activities
- ✨ Move at your own pace – everyone is welcome
- ✨ Discover activities you can do in your community
- ✨ No experience needed – just come ready to have fun!

👉 Wear comfy clothes

😊 Bring your energy and your smile

👶 Younger siblings can't join in the activity but are welcome to watch. Parent/carers are required to stay throughout.

When: Wednesdays during term time, from 14th January to 18th March. You may attend at any point during the 9-weeks.

Time: Arrive between 3.15-3.30pm ends at 4.30pm

Location: Chelmsford West Family Hub Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ

Contact us for more information

t: 0300 247 0014

Commissioned by