

# 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:** Tuesday's during term time, from 14th April to 9th June.  
You may attend at any point during the 9-weeks.

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

**Location:** Carousel Family Hub, Chapel Hill, Braintree, CM7 3QZ

Contact us for more information

**t:** 0300 247 0014

Commissioned by