

Friday 28 June 2013

GO4FUN SCHOOL HOLIDAY WORKSHOPS FOR KIDS

One hundred and twenty local kids are in for high flying fun these school holidays at the first free Come and Try **Go4Fun school holiday workshops**.

Go4Fun Coordinator, Jonathon Noyes, said: "Go4Fun is an exciting new program for kids to become fitter, healthier and happier. These Go4Fun holiday workshops are a great way for families to get a taste of the free 10 week program which will commence at the start of next term."

Two sessions are being held on 4 and 11 July at Eastwood Park. The workshops includes sessions in AFL, Ultimate Frisbee, Soccer and exercise games sessions and have proven so popular with boys and girls that both programs quickly reached full capacity (60 kids per session).

"Go4Fun is a real family occasion with parents and carers encouraged to get involved and join the kids in both the activity sessions and the healthy lunch picnic after the workshop," said Ryde Council's Baharak Sahebekhtiari (A-Group Manager Community Life).

Go4Fun is coordinated by Ryde Council's Open Spaces and Community & Culture teams in partnership with the NSW Health Northern Sydney Local Health District. A successful collaboration with the newly opened Community Migrant Resource Centre in Eastwood and the NSW Department of Education has resulted in 17 culturally diverse groups taking part.

Photo Opportunity: Thursday 4 July (or Thursday 11 July) 10.00am – 12.30pm, Eastwood Park Upper Oval, Lakeside Road, Eastwood.

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