

February – March 2026

Better Active Living Liverpool

presented by SWSLHD Go4Fun initiatives

Mondays

16th February
to
23th March

Tuesdays

17th February
to
24th March

Wednesdays

18th February
to
25th March

Thursdays

19th February
to
26th March

Fridays

20th February
to
27th March

Saturdays

21st February
to
28th March

**Runs across
6 Weeks**



Basketball
(Level: Beginner)
AND
**Nutrition/Wellness
Workshop**
(Parents can join)

🕒 4:00pm – 5:45pm

📍 Michael Clarke
Recreation Centre,
Carnes Hill

🍏 FREE afternoon
tea food provided

🎁 Prizes to be won!

Futsal
(Level: Beginner)
AND
**Nutrition/Wellness
Workshop**
(Parents can join)

🕒 4:00pm – 5:45pm

📍 Whitlam Leisure
Centre,
Liverpool

🍏 FREE afternoon
tea food provided

🎁 Prizes to be won!

Gymnastics
(Level: Beginner)
AND
**Nutrition/Wellness
Workshop**
(Parents can join)

🕒 12:45pm – 2:30pm

📍 Whitlam Leisure
Centre,
Liverpool

🍏 FREE afternoon
tea food provided

🎁 Prizes to be won!

Join us to **learn a new
sport** and learn more
about your **health and
wellbeing!**



Six weeks



Endless fun



Parents stay onsite during session

In partnership with

