



Inspiring
healthy
lifestyles

Wigan
Council

Get Out
Get Active



Get Out Get Active

Inspiring healthy lifestyles are delivering a range of inclusive activities as part of the Get Out Get Active (GOGA) programme. GOGA will support disabled and non-disabled people to enjoy being active together.

Sessions include:

Adventure play – active play sessions using indoor soft play course and mini trampolines. Incorporating climbing skills and movement. Flat matted area also available. Suitable for all young people aged 16 and under.

GOGA Move – active sessions involving informal dance, exercise to music and sign to song activities. All sessions are open age.

Climbing – Indoor clip and climb sessions with qualified instructors with a range of walls. Individuals must be able to support their own body weight, all sessions are open age

Multi Sport – Variety of sports activities for young people, including sport specific sessions delivered by qualified coaches

Supported Gym – access to the fitness gym with additional support where needed from qualified staff.

Multi-Activity - Sessions include a variety of games, sports and free play, sessions are open age and encourage family participation

For more information please contact Inspiring healthy lifestyles on 01942 488481 or email activeinclusive@wlct.org

www.inspiringhealthylifestyles.org



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Day	Session	Time	Cost	Venue	Additional Info
Monday	GOGA Move	5:15pm – 6:15pm	£2 per session	HBLC	3 rd July – 25 th September
Friday	Adventure Play	6pm – 7pm 7pm – 8pm	£2 per session	HBLC	£1 discount applies when attending two Friday Howe Bridge sessions
Friday	Climbing	6pm – 7pm 7pm – 8pm	£2 per session	HBLC	£1 discount applies when attending two Friday Howe Bridge sessions
Friday and Saturday	Supported Gym	6pm – 7pm	50p per visit	WYZ	£5 annual membership applies
Friday and Saturday	Multi Sport	7pm – 8pm	50p per visit	WYZ	£5 annual membership applies
Sunday	Multi Activity	10am – 12noon	£2 per person £5 per family	HLC	Family consists of up to 2 adults and 4 children

HBLC – Howe Bridge Leisure Centre
HLC – Hindley Leisure Centre

WYZ – Wigan Youth Zone

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