

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD.

FREE
PROGRAMME FOR
CHILDREN AGED 4-13 YEARS



XPLORE is a free programme for children, young people and their families to become fitter, healthier and more active.

Mondays @ Finchley Lido

Wednesdays @ Burnt Oak Leisure Ctre

Sign up today: xplore.barnet@gll.org

or **020 8457 9907**

Thursdays @ Hendon Leisure Ctre

In partnership with

BARNET
LONDON BOROUGH

Free programme!
plus Free sport activities

BETTER
the feel good place