



We are very excited about a new program

hosted by Saratoga Bridges and offered by Go Kids!!

The Go Kids Adapted PE class provides a safe and positive physical education experience for children with special needs. Children of all skill and fitness levels are invited to have fun and keep their bodies moving. The aim is to help children improve their physical skills, enjoy fitness and build their confidence in a structured, non-competitive environment. Children will participate in a variety of sport-related games and activities while working towards achieving their personal goals. Participants who require a 1:1 support must have a caregiver present to participate in class.

For children ages 6-14

Saratoga Bridges, 16 Saratoga Bridges Blvd., Ballston Spa

Wednesdays evenings – November 12 – December 17 (skipping 11/26)

5:30pm-6:30pm

Tuition - \$50

**Please contact Emmie Doin at 518-878-6502 or
Emmie.doin@123gokids.com for further information and to register**