

Waterford GAA Launches Well!Kids Week: A Celebration of Fun, Fitness, and Family

Waterford GAA is thrilled to announce the launch of Well!Kids Week, taking place from Saturday, May 17 to Saturday, May 24, 2025.

This exciting, week-long celebration aims to promote physical activity, mental well-being, and community engagement among children aged 4 to 6 and their families across County Waterford. Building on the success of the Well!Kids nursery programme—now active in all 36 juvenile clubs in the county—Well!Kids Week offers a series of free, inclusive, and engaging events that introduce young children to the joys of Gaelic games and fundamental movement skills in a playful and supportive environment.

Highlights of Well!Kids Week include:

- **Interactive Coaching Sessions**
Specially tailored for 4–6-year-olds, focusing on essential movement skills and game-based activities designed to maximise fun and enjoyment.
- **Family Fun Days**
A fantastic opportunity for parents and children to participate side by side in various games and activities, strengthening bonds and fostering a sense of community.
- **Workshops for New Coaches**
Training and support for volunteers and parents to gain the skills and confidence needed to help deliver fun and engaging sessions for young players through the GAA Nursery Workshop being delivered across the county by GDC's
- **New Well!Kids Jerseys Available**
Brand new Well!Kids jerseys will be available to purchase through **Azzurri Sportswear**, in each club's colours — ensuring every young player feels part of their local club community.

“Well!Kids Week is more than just an event; it’s about building healthy habits and creating positive, inclusive spaces for families and young players alike,” said Eoin Breathnach, Waterford GAA’s County Head of Games.

“We’re looking forward to welcoming children and parents from across Waterford to what promises to be a brilliant week of activity and fun.”

The **Well!Kids programme** has already proven invaluable in fostering participation in Gaelic games at the youngest level, while also opening doors for parents to become active members of their local clubs. Focused on enjoyment and fundamental skills, it lays the foundation for a lifelong love of sport and community involvement.

For more information about Well!Kids Week, including schedules and registration details, visit www.waterfordgaa.ie/wellkids or contact your local GAA club.