



### **What is Yo! Active?**

Yo! Active is part of Yo!, the City of Wolverhampton's young opportunities offer. Yo! Active provides eligible children and young people with free physical activity opportunities all year round and is part of our mission to inspire and support Wulfrunians to move more every day. Yo! Active is a two-year pilot starting in January 2024.

Yo! Active is being delivered in partnership with [Wolves Foundation](#). As the official charity of Wolverhampton Wanderers Football Club, they aim to encourage healthier and more active people, lifelong learning and skills, and develop safer, stronger.

### **Who is eligible for Yo! Active?**

Yo! Active will offer free sessions for children and young people who:

- Live within the City of Wolverhampton Council area and their household pays council tax to the City of Wolverhampton Council.
- Are aged between 0-18, or under 25 if the young person is a care leaver or has Special Educational Needs and Disabilities (SEND).

Please note some activities and parts of the offer have age restrictions.

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### **What does Yo! Active include?**

There will be over 50 hours of free physical activity sessions across Wolverhampton each week. These will be taking place at a range of locations including, WV Active Aldersley, WV Active Bilston Bert-Williams, WV Active Central, Bob Jones Community Hub and other community sites.

Activities include:

- Yo! Active Physical Activity Sessions
- Swimming: Public Swim, Family Fun Swim, SEND Swim, Tots Swim
- Gym: Junior gym sessions
- Court Bookings: Badminton, table tennis, squash, artificial pitch, tennis courts.

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## How does a child or young person register for Yo! Active?

1) Sign up for your FREE Yo! Active membership at WV Active, this can be created either [online](#) or by visiting a [WV Active Centre](#).

2) Select the Yo! Active membership that is right for you:

**'Yo! Active'** membership for anyone aged 0-18 and living in the city of Wolverhampton.

or

**'Yo! Active Care & SEND 18+'** membership for anyone 19-24 who has a special educational need and a disability or is a care leaver.

*You will have two weeks to bring in documentation showing your eligibility. Care leavers eligibility can be demonstrated by a letter from your support worker. People with a special educational need and disability can showcase eligibility through proof of receipt of Personal Independence Payment (PIP) or Disability Living Allowance (DLA).*

3) Once you have signed up you can now book on to a range of FREE sessions. This can be done through your WV Active account; select the site you want to access, view all sessions under the Yo! Active tab and book on the sessions you wish to attend.

Yo! Active timetable can be found [here](#) and Yo! Active sessions need to be booked through child's / young persons [WV Active account](#).

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### What is Yo!?

Yo! Young Opportunities - is about creating more opportunities for young people.



One of our priorities as a city is for Wolverhampton's young people to have the best possible start to life. Building their confidence, creating opportunities and giving them the tools, they need to succeed. Most importantly, encouraging them to 'never give up!'.

Local people of all ages tell us we need more opportunities for our children and young people, they've told us being healthy, connected and involved are what matter to them.

We listened and we now have Yo!

Yo! provides access to events and services within Wolverhampton that offer opportunities to children, young people and their parents. These opportunities are split into two types – events and services.

There are a wide range of events taking place in Wolverhampton, from outdoor fun days to digital learning skills clubs, sport and wellbeing activities as well as opportunities for children and young people with special educational needs and disabilities.

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### **Why is Yo! Active needed?**

Yo! Active is needed as children and young people in Wolverhampton are less active than the national average.

We recognise that by enabling children and young people to be active it contributes to giving them the best start in life and builds healthy foundations.

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