

ACTIVE AGEING IN WYNDHAM PROGRAM

JOIN
THE
FUN!

ACTIVITY	DATE	TIME	LOCATION	WHAT TO BRING	WHAT TO WEAR
Beginners - Walk and Stretch (Yoga)	Monday 28 October for 6 weeks	12pm – 1pm Applications close: 21 October	Eagle Stadium	<ul style="list-style-type: none"> • water bottle • small hand towel 	<ul style="list-style-type: none"> • comfortable clothing • comfortable shoes (runners or sports shoes) • hat • a Smile
Beginners - Aqua Aerobics (warm water pool)	Tuesday 29 October for 7 weeks	12pm – 12.45pm Applications close: 22 October	Aqua Pulse	<ul style="list-style-type: none"> • water bottle • change of clothes • towel 	<ul style="list-style-type: none"> • swimwear or shorts and t-shirt • a Smile • swim hat (optional) • slip on shoes
Beginners - Seniors Exercise Park Program	Tuesday 12 November for 6 weeks	10 am – 10.45am Applications close: 1 November	Seniors Exercise Park	<ul style="list-style-type: none"> • water bottle • small hand towel 	<ul style="list-style-type: none"> • comfortable clothing • comfortable shoes (runners or sports shoes) • hat • sunscreen • a Smile

To Join and Book the activities:

<https://www.wyndham.vic.gov.au/activeageing>

Hard Copies available at your Local Community Centre, Library & Civic Centre

Enquires: Active Ageing Project Officer (03) 9742 0777



wyndhamcity

** please ensure you have breakfast or light snack 1 hour prior to exercise ** you can bring fruit or light snack for post activity