

SUMMER ATHLETICS

REGISTRATIONS: Sat 29th Sep and 6th Oct
10am-12noon, Clubrooms Neil Hunt Park
(off Tarawera Rd behind Outdoorsman)

Weekly Club Nights:

Children 3-11yrs – Start Tues 16th Oct 5:10pm
Teens 12yrs+ & Adults – Weds 17th Oct 5:10pm
Athletics Track, #2 Stadium Grounds, Devon St

PLUS: School Holiday BOOT CAMP for kids 7-15 years. 8th – 11th Oct 9am-3pm daily. Get your kids active and enjoying something physical! Qualified coaches from around the Bay. \$30 per day or \$100 for all 4 days.

Walking, running, jumping & throwing for the whole family, from couch-potatoes to competitive athletes, tiny tots (3yrs) to masters (60yrs+). GET SET GO fun games for tiny tots just learning how to move their bodies. We have entry-level and non-competitive athletics for teens and adults who have never done it before, or are only just starting their get-fit plan.

NOT SURE?

Don't let summer energy and enthusiasm go to waste – bring your kids up to our Tues night sessions and see how much they enjoy it! No obligation, just rock up and give it a go, and if they are keen to keep coming, grab a Registration Form off us afterwards. Fees start at \$25 for the whole season.



PO Box 2136, Rotorua
Ph Kerris 021 753691, 3480790

Email: swingmills@xtra.co.nz

Website: www.lakecity.co.nz

