



Senior Women Into Shooting Hoops Walking Basketball

**A SLOWER LOW IMPACT
VERSION OF BASKETBALL**

Monday

**QEYC - 11th Ave
9.45-11.00am
4, 11 & 18 October
1, 8, 15, 22 & 29 November
6 December**

Thursdays

**Trustpower Arena
9.30 - 10.30am
14 & 21 October
4 & 25 November
2 & 9 December
Mt Sports Centre
7 & 28 October
11 & 18 November**

\$5 per session, Coaching available



Join us for a fun and friendly workout

Ph 07.572.1272

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