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THE WARRNAMBOOL CALISTHENICS CLUB



**WELCOMES YOU TO COME AND TRY YOUR FIRST
CALISTHENICS CLASS FREE...**

... our 2018 class times...

TINIES: Tuesday 4:15pm-5:15pm (3-7yrs)

SUB JUNIORS: Thursday 4:15pm-6:15pm (8-10yrs)

RECREATION: Wednesday 4:15pm-5:15pm (8-14yrs)

JUNIORS: Tuesday 5:30pm-7:30pm (11-13yrs)

INTERMEDIATES: Wednesday 5:30pm-7:30pm (14-17yrs)

SENIORS: Thursday 6:30pm-8:30pm (16+yrs)

MASTERS: Tuesday 7:45pm-8:45pm (26+yrs)

VENUE: Warrnambool Primary School Infant Gym

Make sure you wear suitable clothing and bring a drink bottle of water

Calisthenics is an exciting mix of ballet, jazz, apparatus work, gymnastics, acrobatics, singing and acting ... And it's all in one class



For more information call Kristina on 55628781 & check us out on Facebook

www.facebook.com/warrnamboolcalisthenicsclubinc

GET STARTED TODAY WITH HOOKIN2HOCKEY

PARTICIPANT PACK
**FREE WHEN
YOU
REGISTER**

Head to
hookin2hockey.com.au
& enter your postcode
to find your
nearest centre.



RETURN
PACK
#1

RETURN
PACK
#2

FLICKS 5 FUN HOCKEY FACTS

You can only use the flat side of the stick when playing

There are no left handed sticks

Hockey is played by more than 3 million people world wide

Men's hockey has the fastest swing speed out of any sport, even golf or baseball, at 165 kmph

There is no Off-Side rule in Field Hockey



HOOKIN2 HOCKEY

Hookin2Hockey is the introductory program for new participants, giving them a fun and safe environment to develop and learn the fundamentals of hockey.

CENTRE: Warrnambool District Hockey Association

CONTACT NAME: Karen Benson

CONTACT NUMBER: 0412 732 543

EMAIL: hin2hwbool@gmail.com

LOCATION: Albert Park, Cramer St, Warrnambool

START DATE: Saturday 24th February

TIME: 9:00am - 10:00am

WEB: hookin2hockey.com.au

ADDITIONAL INFORMATION Register online for our 8 week introductory program!



For more information visit: WWW.HOOKIN2HOCKEY.COM.AU



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VSL VICTORIAN SCHOOL
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Quality language programs since 1935

LEARN A LANGUAGE

Warrnambool Centre

Location: Warrnambool College
Grafton Road, Warrnambool
Wednesday 4:00 pm - 6.30 pm

ENROL NOW

Chinese
French
Italian

Fees: Prep - Year 10
\$75 per year

Contact the Area Manager
Antonella Cicero
on **9474 0562**

or **country2@vsl.vic.edu.au**
for further information
or enrol online

www.vsl.vic.edu.au

***Other languages can be offered based on demand.**

***Students can continue with VCE studies via VSL Distance Education.**



Education
and Training