



**Seniors
Recreation
Council of WA Inc.
ROCKINGHAM BRANCH**
BE ACTIVE EVERYDAY

POLE WALKING



A fun & convenient walking activity.

TUESDAYS
The Village Green
Flinders Lane, Rockingham
Starts 8.30am
Phone: Ginette 9592 4842

WEDNESDAYS
Arpenteur Park
Arpenteur Drive, Baldivis
(meet at the grandstand)
Starts 9am
Phone Gerry on 0499 988 073

The BEST
All in One Workout
in the WORLD

Supported by

