



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

POLE WALKING



A fun & convenient walking activity.

TUESDAYS

City Park- Westralia Gardens

Off Success Drive

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**

