



ACTIVATE & CARDIO TENNIS

ACTIVATE GIRLS ONLY

A fun, free and fabulous way to enjoy the outdoors, make some new friends and keep active.

- Ages:** Girls 8 – 15 years
Time: 8.30am – 10.00am
Dates: 28 June, 1 July, 5 July
Bring: Sports clothes, footwear, hat and water bottle
Location: Meet outside Hinchinbrook Shire Library, shaded area
RSVP: Free to attend, register your name at Hinchinbrook Shire Library @ TYTO 4776 4614



Queensland
Government



HINCHINBROOK
SHIRE COUNCIL

CARDIO TENNIS SESSIONS

Non competitive, high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise.

- Ages:** Girls 18 and under, maximum 20 participants in each group
Time: 5.30-6.30pm
Dates: Group 1
School Holidays-Thu 30 June & Thu 7 July 2016
Group 2
Thu 14 July & Thu 21 July 2016
Bring: Sports clothes, footwear, hat and water bottle
Location: Ingham Tennis Association
10 Cooper Street Ingham QLD
RSVP: Free to attend, register your name at Hinchinbrook Shire Library @ TYTO 4776 4614