

CITY OF ALBANY

Term 4 - Active Bodies

October - December, 2018

Active
Albany

ATHLETE PERFORMANCE RECOVERY + RELEASE CLASS

Taryn Meyer

Thursday 5.15 - 6pm
4 weeks October 18 -
November 8
Cost: \$40 or \$33 Conc.

GOLF - DRIVING FUNDAMENTALS (INTERMEDIATE)

Michael Draper

Friday 3 - 4pm
4 weeks October 19 -
November 9
Cost: \$90 or \$80 Conc.

WAG WALK PLAY!

Donna Russell

Thursday 5.15 - 6pm
5 weeks October 25 -
November 22
Cost: \$60 or \$50 Conc.

DOG FUN FITNESS

Donna Russell

Thursday 11.30am -
12.30pm
5 weeks October 25 -
November 22
Cost: \$60 or \$50 Conc.



ROWING FOR BEGINNERS

Tim Newbold

Saturday 8 - 9.30am
4 weeks October 27 -
November 17
Cost: \$30 or \$25 Conc.

GOLF FOR BEGINNERS

Margret Killick

Tuesday 10 - 11am
5 weeks October 23 -
November 20
Cost: \$43 or \$36 Conc.

SURFERS RESCUE 365

Tom Dickson

Saturday 9am - 12pm
November 24
Cost: FREE PROGRAM
register at www.surfersrescue365.asn.au/register/

WOMEN WHO WALK

Alana Brochard

Venue: Middleton Beach, in
front of the Surf Life Saving
Club
Wednesday 9 - 10am
9 weeks October 17 -
December 12
Cost: FREE PROGRAM

YOUTH MOUNTAIN BIKING (10 - 15 YRS)

Matthew Walker

Session 1 & 2: Mt Melville
Session 3: Mt Clarence
Tuesday 4.30 - 6pm
3 weeks October 16 -
October 30
Cost: \$36 or \$30 Conc.



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