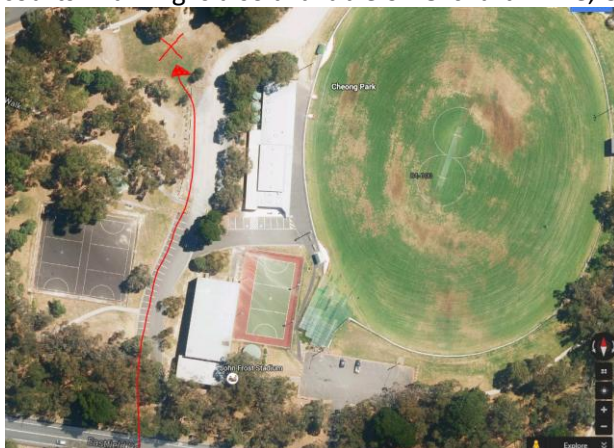


Participant Information Sheet

Maroondah Leisure Free Fitness in the Park: Exercise Sessions - Cheong Park, Croydon

Contact: Aquahub Customer Service Ph. 9294 5500

Location: Cheong Park, Eastfield Road, Croydon
Please enter via carpark from Eastfield Road, Croydon and park on East side, near netball courts. Parking is also available on Orchard Drive, Croydon



Meeting Point: Lawn area, north side of netball courts, near Orchard Drive

Dates & Times: Tuesday 1 March, Tuesday 8 March, Tuesday 15 March and Tuesday 22 March
10:30am to 11:15am

Cost: Free

Bookings: Please call 9294 5500 or register at Aquahub, 11 Civic Square, Croydon and sign an agreement and disclaimer form by 4pm on 26 February 2016.

Numbers are limited to 20 per session. Participants who miss out are encouraged to come along to another session.

Details: Learn how to use the new exercise fitness station in Cheong Park and achieve your fitness goals by participating in a variety of different exercises in a social group setting, ideal for all fitness level.

Participants Must:

- Participate in a verbal medical screen at the start of the session
- Wear laced training shoes
- Have a water bottle
- Wear hats and sun-block when necessary
- Children under 16 must be accompanied by a parent/guardian
- Mums with bubs participating must have had at least six weeks since birth

All programmed sessions will run unless deemed unsafe due to extreme weather.

Aquahub

Address: 11 Civic Square, Croydon 3136

Phone: 03 9294 5500

Web: maroondahleisure.com.au