

## Participant Information Sheet

### **Maroondah Leisure Free Fitness in the Park: Tai Chi - Ringwood Town Square**

**Contact:** Aquanation Customer Service Ph. 9298 4600

**Location:** Ringwood Town Square, Ringwood  
179 Maroondah Highway Ringwood (opposite Ringwood Station). Please enter from Maroondah Hwy. Public Transport accessible – Ringwood Bus Depot and Ringwood Train Station across the road. Parking is available within Eastland and surrounding streets



**Meeting Point:** Flat square area outside of Realm entrance

**Dates:** Wednesday 2 March, Wednesday 9 March, Wednesday 16 March and Wednesday 23 March

**Time:** 7:15am to 8:00am

**Cost:** Free

**Bookings:** Please call 9298 4600 or register at Aquanation, Cnr Greenwood Avenue and Reilly Street, Ringwood and sign an agreement and disclaimer form by 4pm on 26 February 2016.

Numbers are limited to 25 per session. Participants who miss out are encouraged to come along to another session.

**Details:** Tai Chi is a gentle form of exercise that can prevent or ease many ills of ageing and is a low-impact, slow motion exercise often described as meditation in motion and is ideal for all fitness levels and age groups.

**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.***

**Aquanation**

**Address:** Cnr Greenwood Ave and Reilly Street, Ringwood

**Phone:** 03 9298 4600

**Web:** maroondahleisure.com.au