

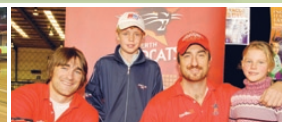
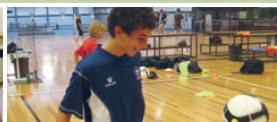
SCHOOL HOLIDAY ACTIVITIES

5 – 16 JULY

Classes		Dates	Times	Cost
Teens	Teen Fit (age 12 - 16)	Monday 5 & 12 July Wednesday 7 & 14 July	3pm - 4pm 3pm - 4pm	\$8 per session
	Boot Camp (age 12 - 16)	Tuesday 6 & 13 July Thursday 8 & 15 July	10.30am – 11.30am 10.30am – 11.30am	\$8 per session
Kids	Fit Kids (age 6 - 11)	Tuesday 6 & 13 July Thursday 8 & 15 July	9.30am - 10.30am 9.30am - 10.30am	\$8 per session
	Wildcats Engage Holiday Camp (age 5 - 11)	Wednesday 7 July	9am – 12pm	\$125 per child \$110 for additional siblings To register call 1300 WILDCATS or email Katie at katie@wildcats.com.au
		Thursday 8 July	9am – 12pm	
		Friday 9 July	9am – 12pm	
 Pro Football Training Skillz (age 7 - 15)	Monday 12 July	to	8.30am - 10.30am (6 - 9)	\$120 per child To register call Mark or Barry on 0430 788 703 or emailpft@mlfc.com.au
			11am - 1pm (10 - 12)	
	Wednesday 14 July	2pm - 4pm (13 - 15)		

Class descriptions

Teen Fit	Mix it up with a variety of Lord's most popular group fitness classes. Sessions will be a mixture of both high and low impact classes.
Boot Camp	Whether you want to improve your sports performance or gain a healthier lifestyle, this class can increase your flexibility, balance and endurance.
Fit Kids	Fun filled activities to get every youngster moving. An hour of games involving running, throwing, catching and basically having fun.
Wildcats Engage Holiday Camp	Come and join Wildcats legend Paul Rogers, and other Wildcat championship players for this action packed three day camp. The camp consists of skills, games and giveaways with the main focus on having fun.
Pro Football Training Skillz	Soccer training skills clinic including Futsal specific technical work, soccer tennis, 2v2 games and tactical skills. UFA Tournament on the final day with great prizes.



PARTICIPANT DETAILS

Name: _____

Date of birth: _____

Contact Details

Name: _____

Street: _____

Suburb: _____ Postcode: _____

Contact numbers: (W) _____ (H) _____

(M) _____

Email address: _____

How did you hear about the program? (please tick) Post newspaper Friend

In-centre promotions School Website Other _____

PROGRAM ENROLMENT

Please circle the program you want to enrol for.

Monday	Tuesday	Wednesday	Thursday	Friday
Teen Fit	Boot Camp	Teen Fit	Boot Camp	Wildcats Engage Holiday Camp
Pro Football Training Skillz	Fit Kids	Wildcats Engage Holiday Camp	Fit Kids	
	Pro Football Training Skillz	Pro Football Training Skillz	Wildcats Engage Holiday Camp	

Signature (parent/guardian): _____ Date: _____

For office use only

Total cost _____ Date payment received _____