

# FAMILY FUN & FITNESS



LITTLE ATHLETICS *develops the basics of all sports*  
STRENGTH, BALANCE, FLEXABILITY and CO-ORDINATION.

LITTLE ATHLETICS *a sport for all abilities ages 5-16 years*



**INFORMATION/ COME & TRY DAY**

MITCHELL PARK, HAMILTON.  
SUNDAY 6<sup>th</sup> OCTOBER *from* 1-3pm

Phone 0400 935 176