

CITY TRYSTARS

**BACK FOR ANOTHER
SEASON!**

BETTER THAN EVER

GREAT NEW FORMAT

Swim squad options, for those that can swim unaided and swim squad for those that need skill development with assistance- Friday 5-6pm at Bayswater Waves starting Oct 18 for 4 weeks
Weekly run squad- Wednesday at Kyilla Park North Perth at 4:00pm- 23,30 Oct and 6 Nov
Weekend cycle courses - 19 October and 2 November.

Come join us for our welcome day!
Flipperball, pool games, land games, bbq and prizes-
Welcome day - Beatty Park
Sunday 13 October - 2:30pm start
Email Vicki Delves to register
vdelves@bigpond.net.au or phone
0409746839

