

WEEK 1

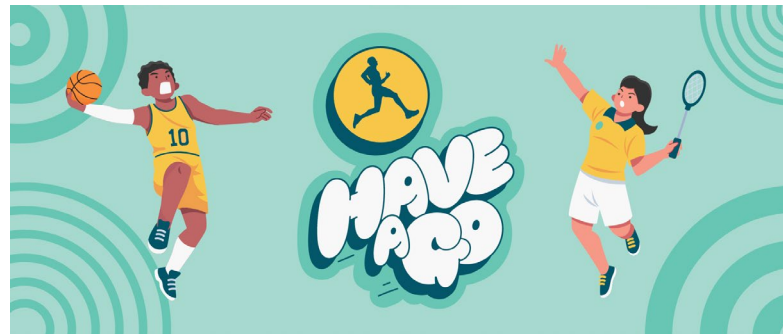
	Friday, 26 July 2024	Saturday, 27 July 2024	Sunday, 28 July 2024	Monday, 29 July 2024	Tuesday, 30 July 2024	Wednesday, 31 July 2024	Thursday, 1 August 2024	GREEN & GOLD DAY Friday, 2nd August
Northcote Golf	Have a go Golf - 9 holes			Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes
Bundoora Golf	Have a go Golf - 9 holes			Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9holes
DCSS				Indoor Volleyball 3-4pm				
Narrandjeri Stadium					Walking Basketball - 10:30am - 11:30am	Social Tennis - 7:30pm - 9:30pm	Social Badminton - 10am -12pm	Table Tennis 6pm - 8pm
NARC - Fitness	Skill X Class - 12pm	AquaFit Class - 8.15am	Cycle Class - 5.30pm	Complete a workout in the Gym	Body Balance Class - 7.30pm	Body Combat - 6.30pm	BoxingFit Class - 6.30pm	LM Sprint (BMX Racing) 9.15am
NARC - Pool	Infinity Swim*	25m or 50m Swim *Booking not required	1500m Swim *Booking not required	Syncro Swim		Adult Stroke Squad Class - 7.15pm	50m Swim *Booking not required	Complete a 200m swim *Booking not required

* Infinity Swim - Swimming continuously while attached to a bungee cord. Booking required

* Synchro Swim - Try your hand at some Artistic Swimming

* Adult Stroke Squad Class - Session focussed on swim skill development for adults

Booking is required for all activities unless specified.
**Don't forget to pick up your score card and get it stamped
 after each challenge**



WEEK 2

	Saturday, 3 August 2024	Sunday, 4 August 2024	Monday, 5 August 2024	Tuesday, 6 August 2024	Wednesday, 7 August 2024	Thursday, 8 August 2024	Friday, 9 August 2024	Don't forget to submit your entry by 11:59pm on the 11th of August
Northcote Golf			Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	
Bundoora Golf			Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	Have a go Golf - 9 holes	
DCSS			Indoor Volleyball 3-4pm			Social Badminton - 10am -12pm		
Narrandjeri Stadium				Walking Basketball - 10:30am - 11:30am	Social Tennis - 7:30pm - 9:30pm		Table Tennis 6pm - 8pm	
NARC - Fitness	Body Attack Class - 6.10am	Body Step Class - 11.20am	Skill X Class - 12pm	HIIT + Core Class - 9.15am	Cycle Class - 9.15am	Deep Water Aquatic Class - 7.15am	Zumba Gold Class - 11.20am	
NARC - Pool	Adult Stroke Correction Class - 6.15am	25m or 50m Swim *Booking not required	Complete a 200m swim *Booking not required	Infinity Swim	4 laps in 4 mins *Booking not required	1500m Swim *Booking not required	Complete a 800m swim *Booking not required	

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* Synchro Swim - Try your hand at some Artistic Swimming

* Adult Stroke Squad Class - Session focussed on swim skill development for adults

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