

# Cambridge Lakers Pole Walking

You're invited to join a low impact, inclusive exercise of pole walking at Perry Lakes. Enjoy the fresh air, outdoor activity and meet new friends in your local area.



## Weekly Pole Walking at Perry Lakes:

**Day:** Mondays

**Time:** 8.30am

**Venue:** Cup & Co (meet at the entrance)  
1 Finishline View, Floreat

**Cost:** Free walk. Members order and pay for food/drinks.

**Recommended items:** walking poles, sunscreen, water bottle, broad brimmed hat, sunglasses & closed walking shoes.

Please contact Seniors Recreation Council WA to purchase pole walking equipment T: (08) 9492 9773 or E: [info@srcwa.asn.au](mailto:info@srcwa.asn.au)

## Registration is essential.

Please contact Cambridge Senior Services by:

T: 9285 3136 or E: [seniorservices@cambridge.wa.gov.au](mailto:seniorservices@cambridge.wa.gov.au)

This information is available in alternative format on request.

