

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:

Date: Fridays

Time: 9.30am

Venue: Meet at the carpark entrance nearest Cup & Co (behind the playground). 1 Finishline View, Floreat.

Cost: Free walk. Members order & 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 E: info@srcwa.asn.au

Registration is essential.

Please contact Cambridge Senior Services by:

T: 9285 3136 or E: seniorservices@cambridge.wa.gov.au

This information is available in alternative format on request.

