Our new Active Rides program provides an opportunity for 10-15 year olds to try a variety of cycling activities in a fun and inclusive environment.

Each week participants will get to try a variety of cycling skills and gain valuable cycling knowledge.

Participants do not need to be regular cyclists but should come with a willingness to have fun and be active.

Activities may include:
- Bike safety skills
- BMX
- MTBing
- Basic bike mechanics

Course Outline: Once a week for six weekday afternoons for girls and boys.

Location and Time:
- Two locations
- Fridays 4:30-6pm at Stromlo Forest Park (Feb 24-31 March)
- Mondays 4:30-6pm at Tuggeranong College (Feb 27-3 April)

These are two separate courses. Course runs 90min per week for 6 weeks.

Equipment: Bring your own geared bike and helmet.

Cost: $50.00 (6 week course)

For more information please send an email to projectmanager@pedalpower.org.au.
Heat Cheerleading is enrolling now for 2017!

Heat Cheerleading offers fun and affordable cheerleading classes for boys and girls from 5 years to adults.
Get involved in Australia’s fastest growing sport – learn to jump, stunt, dance and tumble all in a 2:30min routine!
Come and train at our new cheer gym at Mitchell. Register now for 2017 with classes starting in February.
For more information, visit www.heatcheerleading.com.au, call 0418 620 772 or email info@heatcheerleading.com.
Red Rooster
6 Charnwood Place
Charnwood
2615, ACT

Red Rooster - Charnwood Schedule
Delivery Schedule
Sun 12:00 to 14:00
17:00 to 22:00
Mon 12:00 to 14:00
17:00 to 22:00
Tues 12:00 to 14:00
17:00 to 22:00
Wed 12:00 to 14:00
17:00 to 22:00
Thu 12:00 to 14:00
17:00 to 22:00
Fri 12:00 to 14:00
17:00 to 22:00
Sat 12:00 to 14:00
17:00 to 22:00

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Uni-Norths Juniors
Home Ground - Southwell Park, Lyneham
Boys and Girls
Register online
owlsrugbyjuniors.com.au

+ Rego Days
Saturday, 18th February - Brumbies HQ at UC
10.30am - 12 noon
Sunday, 5th March - Southwell Park, Lyneham
12 noon - 3pm

For more information
uninorthsjunrs@gmail.com
WEST BELCONNEN JUNIOR RUGBY LEAGUE

REGISTRATION DAYS

FEBRUARY 25TH & 26TH
11:00AM – 3:00PM

OR REGISTER ONLINE @ PLAYNRL.COM