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Plantagenet

# Mount Barker Recreation Centre Open Day!!

You're invited to the Mount Barker Recreation Centre  
Open Day on September 12 2009!

Come along and see the following demonstrations:  
Tai Chi, Tribal Dance, Gymnastics, Group Fitness classes,  
Badminton, Karate, Net Set Go & Basketball.

There will also be stalls galore including: Remedial Massage,  
YMCA children's fun centre, YMCA youth bus, Local Wildlife  
Carers, high school information stall, Department of Sport  
and Recreation stall, Club Development Officer Michael  
Gaffney & Market stalls!

Give the kids a go on the Rock Climbing wall, Gymnastic  
Equipment, Face Painting, Sausage Sizzle, Soft Drink and Chip  
Stand & a BOUNCY CASTLE!!

So if you want to have some fun from 8.00am until 1.00pm  
come to the Mount Barker Recreation Centre!!



# Mount Barker Recreation Centre Open Day!!

## TIMETABLE OF EVENTS

### COURT ONE

- 9.00AM TAI CHI DEMO
- 10.00AM GROUP FITNESS DEMO
- 10.30AM BADMINTON MATCHES
- 11.15AM TRIBAL DANCE DEMO
- 11.30AM KARATE DEMO

### COURT TWO

- 8.00AM GYMNASTICS EQUIPMENT TO PLAY
- 8.30AM ROCKCLIMBING
- 10.00AM NET SET GO
- 11.00AM BASKETBALL SCRATCH MATCH
- 12.00PM GYMNASTICS DEMO