



HEALTHY LIFESTYLES, HEALTHY MINDS: **You're Invited – come and spin!**

Deaf Sport Recreation Victoria and YMCA Victoria warmly invite the deaf community, their family, and friends to come and enjoy state of the art fitness facilities overlooking Victoria Harbour! Join deaf youth in celebrating their successful 12 weeks' health & fitness program.

When: Saturday 19th June, 2010

Time: 11am – 1pm

Where: YMCA Docklands – central location
Opposite Gate 9 of Etihad Stadium - short walk over the bridge from Southern Cross Station, or via stairs from Harbour Esplanade to gates level.
Metered car parking in surrounding streets, or use stadium car park from Bourke St.

RSVP: 16th June
E: pgillett@dsrv.com.au or
P: 0428 291 122 (sms preferred)



What's On..

- * **Come and Try (free): Spin Cycling Classes !**
- * Auslan interpreted. All welcome!
- * Demonstrations, Displays & take home info
- * Healthy snacks & refreshments provided



Special thanks to Victorian Government for the funding and to our partners DAN & YMCA Victoria for their project support

