GKR Karate is conducting a FREE self defence workshop that is open to all members of the community. These exciting classes are ideal for beginners and will focus on safety awareness, anti-bullying, agility drills and valuable escape techniques. We will also cover the responsible use of self defence as well as strategies to improve personal confidence and self esteem.

Wednesday February 26th 6:30pm – 7:30pm
Great Ryrie Primary, Great Ryrie Rd, Heathmont

■ Increase Your Personal Confidence
■ Take Your Safety Seriously
■ Learn Valuable Skills

-- Wear Comfortable Clothes -- Bring a drink bottle --
-- All ages welcome (minimum 5yo) --
-- Please arrive 15 minutes early to register for class. --

So we can get indicative numbers, we would appreciate it if you would contact Steve Dickson on 0402 763 000 (Text or Call) or via email at sdickson.gkr@gmail.com
Swimming Lessons

- Maximum 4 students per class!
- Only $16.50 per class!
- Victorian Industry Award-finalist in 2013!

Beginner to Advanced welcome.
Group or Private Lessons.

Bookings now open for:
- Term 1 (Feb-Apr) 2014 Weekly Classes. For ALL ages.
- Aqua Bub & Tot Open Day 29/3/14. For 6mth-5yr.

Programs available for:
- 6-18 months • 1-3 years • 3-5 years • School age
  - Squad • Adults • Access & Inclusion

3 week
‘Come & Try’
for $55.00
OFFER NOW ON.

Try us today!
Phone 9879 5777.

Healthways Swim School
www.healthways.com.au

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Mont Albert Nth: 1-11 Arcade Rd
Ph. 9895 2300