

For a healthier
lifestyle **30m**

Be fit with Ilim
College

Free
For
All

30 Minutes Active Families Sports Project

1 year Programme
Time : 3:45pm - 4:45pm

The implementation of the 30M Active Families Sport Project at Ilim College aims to form an Active Families Sports Club to encourage all students from prep-year 12 including their families and local community to participate in 30 minutes of moderate exercise each day. A varied sports program will be promoted with tailored sessions for mothers and daughters — fathers and sons. For each sport activities, specialists will be engaged to deliver various sporting clinics. We hope this will increase physical activity and interest in local club participation within the community.

Register as individual or make up a team of 4 people - 1 adult, 1 secondary Child, 1 primary child and 1 middle years child, all from same gender - Register at Ilim College Now!!

Children (9 yrs old) to Adults
WELCOME

Separate Gender Sessions

Group entry is required.
Single entries will be put in a team.

The most attended
group will
be rewarded with a
HOLIDAY PACKAGE



Venue : Ilim College
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Dallas 3047
Contact: Nuran Erail
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Fax : 93023771
E-mail : info@ilimcollege.vic.edu.au
Download application form @
www.ilimcollege.com.au

**Program starts
19.10.09**

**Application
Ends
16.10.09**



Orienteering



Fitness/Gym



Martial Arts

