

# BACK TO HOCKEY

refresh • relearn • replay

Come and enjoy **fun, fitness and friendship**

- Sociable and informal sessions for women
- A great way to get in shape
- No need to commit to membership, regular training or competitions

It's easy to take part!



**Date** From Monday 16<sup>th</sup> January 2012

**Time** 6 -7 pm

**Venue** The Parks Sports Centre, North Shields, NE29 6TL : Open to anyone 16+ years

**Organiser** Whitley Bay and Tynemouth Hockey Club

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Email, Text or Phone Claire for more details or just turn up! Sticks will be provided

visit [www.englishockey.co.uk/backtohockey](http://www.englishockey.co.uk/backtohockey) to find out more

