

**IMPACT OUTDOOR
X-TRAINING**

OPEN DAY

FAQ SHEET

LOCATION: CHALLENGE VALLEY, CATARACT SCOUT PARK

DATE: SATURDAY 3 MARCH

WHERE AND WHAT TIME DO WE MEET?

Participants must meet at the top of the Aquafit Car-Park (Art Gallery Road), at 6.45am
The bus will be leaving at 7am sharp!

WHAT TIME WILL WE ARRIVE BACK AT AQUAFIT?

The bus will arrive back between 11am-11.30am

WHAT DO I NEED TO BRING?

Water, a towel and a change of clothes. Showers and Toilets are also available at the Park. Any personal items can be left on the bus, as the bus will be locked, and staying with us at all times

DO I NEED TO BRING FOOD?

Wraps and fruit will be provided as morning tea after the session, although if you would like to bring something different, you are more than welcome to

WHAT IF I'M UNABLE TO ATTEND ON THE DAY?

Anyone unable to attend should text Sean on 0432 441 385 to save any unnecessary waiting on the day

*Remember, it's all about
Team Work...
Good Luck!*



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