

No.	Trip Date	Departs	Staying At	<p><b>*Please note:</b> Each planned activity listed below will be adapted to meet different levels of ability &amp; interest. Some activities will be canceled if weather is unsuitable but ERLS will endeavor to replace with a similar <i>indoor</i> activity. Each trip also offers plenty of time for more leisurely activities of participant's choice.</p>
1	*4-5 Jan	Doncaster	Warburton Hazelwood Cottage	<p><b><i>"It's not just about playing the game!"</i></b>  There are so many ways to get involved in community sport. Learn handy tips from experts, followed by a 'Sports Ability session (Australian Sports Commission's modified sports), including Bocce, Goal Ball, Table Cricket, Sit-down Volley Ball and more. <b>For more information please phone Kathleen at ERLS: 9848 9204. * Booked out</b></p>
2	*11-12 Jan	Doncaster	Urban Camp Parkville	<p><b><i>"It's not just about playing the game!" As above.</i></b>  <b>*Limited places available.</b></p>
3	*18-19 Jan	Nunawading	Urban Camp Parkville	<p><b><i>"It's not just about playing the game!" As above.</i></b>  <b>*Booked out.</b></p>
4	22-23 Feb	Nunawading	Urban Camp Parkville	<p><b>Archery - Box Hill City Archers</b>  Get involved with this Olympic and Commonwealth Games sport. A skill session is facilitated by qualified coaches and experienced club members. Keep in mind also, the club always welcomes new members! <b>For more info please phone Clinton Fullgrabe at ERLS: 9877 9333.</b></p>
5	29 Feb - 1 March	Nunawading	Warburton Hazelwood Cottage	<p><b>Swimming - Kilsyth Centenary Pool YMCA.</b>  Enjoy a relaxing therapeutic session at Kilsyth Centenary Pool. A fun program designed for people of all abilities to improve fitness and provide relaxation through water movement, exercise and strengthening muscles.  <b>For further information, please phone Lisa Haw at KCP: 9725 9411.</b></p>
6	14-15 March A	Doncaster	Urban Camp Parkville	<p><b>ERLS Family Sports Fun Day - Try Activities Centre Doncaster East.</b>  A sports theme day with something for everyone including sport and recreation activities, games &amp; demonstrations; BBQ, music &amp; dancing, sports personalities, face painting and much, much more. Tell your friends and family because everyone will be invited to come along and join in this interactive, jam-packed day of fun! <b>For more details, please phone Kathleen at ERLS: 9848 9204.</b></p>
7	14-15 March	Nunawading	Urban Camp Parkville	<p><b>ERLS Family Sports Fun Day - As above</b></p>
8	28- 29 March	Doncaster	Urban Parkville	<p><b>Lawn Bowls - Croydon Lawn Bowls Club</b>  Enjoy some fun in the sun with Lawn Bowls! Increase your skills and fun by getting involved in one of the most social and recreational sports in Australia. Come along and give it your best shot!  <b>For more details, please phone Chris Beayni at ERLS: 9720 5944.</b></p>

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9	11-12 April	Nunawading	Urban Camp Parkville	<p><b>Football - Mazenod Panthers &amp; Ringwood Spiders FIDA</b> The Footy season is only weeks away so book in and get involved with some Aussie rules footy now! Experience the excitement of a FIDA game at the first EMR Challenge Cup on Friday evening, followed by a skills clinic at one of the clubs on Saturday. <b>For more information please phone Clinton Fullgrabe at ERLS: 9877 9333.</b></p>
10	18-19 April	Nunawading	Urban Camp Parkville	<p><b>Swimming - Ringwood Aquatic Centre</b> Come &amp; experience one of the most innovative &amp; rewarding aquatic programs at the Ringwood Aquatic Centre. Enthusiastic minded staff and your willingness to participate will be sure to make a splash! <b>For more information please phone Maria Burn at the centre: 9298 4520.</b></p>
11	9-10 May	Doncaster	Urban Camp Parkville	<p><b>Bocce - Veneto Club, Bulleen</b> The Veneto Club is a Sporting Club with an indoor Bocce Centre and Soccer fields. Corporate and function rooms are also available with a Bistro open daily and a dinner dance every Saturday night. <b>For more information please phone the Veneto Club: 9850 7111.</b></p>
12	16-17 May	Doncaster	Wattletree Cottage Warburton	<p><b>Swimming - Kilsyth Centenary Pool YMCA.</b> Enjoy a relaxing therapeutic session at Kilsyth Centenary Pool. A fun program designed for people of all abilities to improve fitness and provide relaxation through water movement, exercise and strengthening muscles. <b>For more information please phone Lisa Haw at KCP: 9725 9411.</b></p>
13	23-24 May	Nunawading	Urban Camp Parkville	<p><b>Soccer - Eastern Lions Soccer Club</b> Do you want to "<i>Bend it like Beckham?</i>" The Lions are back for 2008, due to popular demand! Learn new or fine-tune your skills from the qualified &amp; highly experienced coaches &amp; players at the club. Later on you can relax in the social rooms to watch the club seniors take to the field. <b>For more info please phone Clinton Fullgrabe at ERLS: 9877 9333.</b></p>
14	30-31 May	Nunawading	Hazelwood Cottage Warburton	<p><b>Movement to Music - Try Activities Centre Doncaster East</b> A fun and social movement class to develop co-ordination, recognise beat and rhythm, to increase self- confidence and control of movement. Set to contemporary music, create and learn routines that will get you out on the dance floor. <b>For more information about Try Activities Cenyre please phone Claudia or Lindy: 9855 9200.</b></p>
15	18-19 July	Doncaster	Hazelwood Cottage Warburton	<p><b>Try Fitness - Try Activities Centre Doncaster East</b> Try Activities Centre offers a class that encourages fitness, strength and co-ordination. A fantastic workout using weights, incorporating floor exercises and much more. <b>For more information about Try Activities Centre please phone Claudia or Lindy: 9855 9200.</b></p>