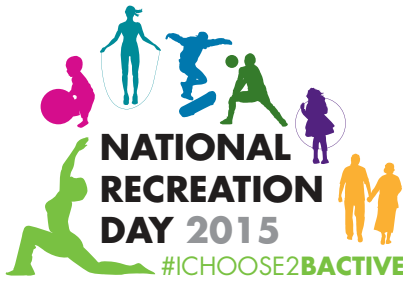


02 OCTOBER 2015



I Choose to Be Active on 02 October 2015
 from 10:00 am...
 I will be at Tshwane Events Centre...
 How About You?



ADULTS

INDOOR:

- Dance Aerobics
- Step Aerobics
- Yoga
- Spinning

OUTDOOR:

- Tai Chi
- Beach Volleyball
- Street Basketball
- Rope skipping
- Abseiling



KIDDIES

OUTDOOR:

- Monkeynastics
- Kites
- Dance
- Rope skipping
- Painting & colouring
- Marbles, Puzzles, Hop scotch
- Tug of War, Hoola Hoops
- Egg Sack Race



ELDERLY

INDOOR:

- Card games
- Darts
- Chess
- Dominos
- Puzzles

OUTDOOR:

- Yoga
- Tai Chi
- Bowling



sport & recreation

Department:
 Sport and Recreation South Africa
 REPUBLIC OF SOUTH AFRICA

#ICHOOSE2BACTIVE

ACTIVITIES FOR 2015 NATIONAL RECREATION DAY
VENUE: TSHWANE EVENTS CENTRE

| TIME | ACTIVITY | VENUE |
|---------------|--------------------------------------|-----------------------|
| 06H30 - 07H30 | REGISTRATION | TSHWANE EVENTS CENTRE |
| 07H30 - 09H00 | FUN WALK | AMUSEMENT PARK |
| 09H00 - 09H45 | TAI CHI | ABSA ARENA |
| 10H00 - 11H00 | OPENING CEREMONY | HALL J - TOP FLOOR |
| 11H15 - 11H45 | KATABOX | HALL J - TOP FLOOR |
| 12H00 - 12H30 | ZUMBA | |
| 12H30 - 13H30 | LUNCH | |
| 13H30 - 14H20 | KATABOX (KICK MOVE) | HALL J - BOTTOM FLOOR |
| 11H00 - 14H20 | DARTS (30 MIN SESSIONS) | |
| 11H00 - 14H20 | CHESSE BOTH INDOOR (30 MIN SESSIONS) | |
| 11H00 - 14H20 | CHESSE OUTDOOR (30 MIN SESSIONS) | ILAND OPPOSITE HALL J |
| 11H00 - 14H20 | BASKETBALL (30 SESSIONS) | HALL J |
| 11H00 - 14H20 | DANCE (30 MIN SESSIONS) | HALL L |
| 11H00 - 14H20 | BASKETBALL (30MIN SESSIONS) | HALL L |
| 11H00 - 14H20 | TUG-OF-WAR (30 MIN SESSIONS) | AMUSEMENT PARK |
| 11H00 - 14H20 | VOLLEYBALL (30 MIN SESSIONS) | |
| 11H00 - 14H20 | BOWLING (30 MIN SESSIONS) | |
| 11H00 - 12H00 | PAINTING AND COLOURING | KIDDIES AREA |
| 12H00 - 12H15 | MONKEYNASTICS | |
| 12H15 - 12H30 | EGG SACK RACE | |
| 12H15 - 12H30 | MARBLES | |
| 12H15 - 12H30 | PUZZLES | |
| 12H15 - 12H30 | HOP SCOTCH | |
| 12H30 - 13H30 | LUNCH | |
| 13H30 - 14H00 | EGG SACK RACE | |
| 14H00 - 14H20 | TUG OF WAR | |
| 14H20 - 15H00 | YOGA FOR ALL PARTICIPANTS | ABSA ARENA |


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