






























Name _____ Organisation _____
 Address _____
 Phone _____ Fax _____
 E-mail _____

Each participant will have the opportunity to do two 'Come & Try Activities'.

In the 'Your Choices' column put the number 1 next to the activity you would like to do the most & number 2 in your second choice, then put in a 3rd & 4th choice (just in case your first and second choices are full).

ACTIVITY	DESCRIPTION	ACTIVITY TIMES <small>(please circle if you have a preferred time)</small>	YOUR CHOICES <small>(see instructions above)</small>
10 PIN BOWLING 	Accessible for all! Head to the local bowling club and knock down those pins!	Wed 11.15 - 12.45 Thurs 11 - 12.30	
 AFL	Learn the basic skills of Australia's own style of football 'Aussie Rules'.	Wed 1.30 - 2.30	
ART 	Use your natural talent to create your very own piece of art!	Fri 9.30 - 10.30 Fri 11 - 12	
 DO ART <i>Distinctive Options</i>	'So Much Can Be Said With Out Words'.	Thurs 11 - 12	
ART <i>Encompass</i> 	Say it with Badges! Local service Encompass will show you how to create your own badge...	Wed 11.15 - 12.15 Wed 1.30 - 2.30 Thurs 11 - 12 Thurs 1.30 - 2.30	
 ART <i>Unlimited</i>	Change the way you think about art with Art Unlimited.	Wed 3 - 4 Thurs 3 - 4	
 BELLY DANCING	Wiggle and giggle your way through a class with Delyse from Bellyrine Bellydancers.	Wed 1.30 - 2.30 Wed 3 - 4	
ON YOUR BIKE  <small>You must be able to ride a bike to do this activity</small>	Get 'On your Bike' and head down to the foreshore for a scenic bike ride.	Wed 1.30 - 2.30 Thurs 1.30 - 2.30	
 BOCCE	Leisure Networks will teach you how to play Bocce – the European version of Bowls.	Wed 3 – 4 Thurs 3 – 4 Fri 9.30 – 10.30 Fri 11 - 12	
BREAK DANCING 	Learn the basic 'breakdance' moves with Jamie from Exisdance.	Fri 9.30 - 10.30 Fri 11 - 12	
 CRICKET	C'mon Aussie!! Have a go at cricket & learn all about this great Aussie game thanks to Cricket Victoria.	Fri 9.30 - 10.30 Fri 11 - 12	
DRAMA <i>Karingal</i> 	Local drama group 'Split Second Theatre' will bring out the drama in you!	Wed 11.15 - 12.15 Wed 1.30 - 2.30	
 DRAMA <i>Theatre Games</i>	Theatre of Speed will bring out the drama in you with 'Theatre Games'.	Fri 9.30 - 10.30 Fri 11 - 12	

Name: (please write name here if you are sending form by fax)

ACTIVITY	DESCRIPTION	ACTIVITY TIMES	YOUR CHOICES
 DRUMS	Cherise is back to run a fun drums & percussion session.	Wed 11.15 - 12.15 Wed 1.30 - 2.30	
 FISHING	Catch a fish off Cunningham Pier on Corio Bay, thanks to Fishcare.	Wed 11.15 - 12.15 Wed 1.30 - 2.30 Wed 3 - 4 Fri 9.30 - 10.30 Fri 11 - 12	
 GENTLE EXERCISE	Bend & stretch your way to a fitter you! Learn how to get fit to stay healthy to get more out of life!	Wed 1.30 - 2.30 Wed 3 - 4	
 HAIR & MAKE UP	Your chance to be pampered! Have your hair & make-up done for the Disco	Thurs 1.30 - 2.30 Thurs 3 - 4	
 HARLEY RIDES	Feel the wind in your hair as you take a ride on the wild side along the Geelong foreshore.	Thurs 11 - 12 Thurs 12 - 1.30 (lunch) Thurs 1.30 - 2.30	
 INDIGENOUS WORKSHOP	Learn about the richness of the Australian Aboriginal culture. Includes didgeridoo demo.	Wed 11.15 - 12.15	
 JEWELLERY	Design and make your own beaded bracelet.	Thurs 1.30 - 2.30 Thurs 3 - 4 Fri 9.30 - 10.30	
 KARAOKE	Get up and sing your favourite song! Thanks to Encompass Community Services	Thurs 11 - 12	
 LATIN DANCE	Move like the celebrities on 'Dancing with the Stars'? Let <i>Sabor Latino</i> show you how!	Thurs 11 - 12 Thurs 1.30 - 2.30	
 MUSIC JAM	Always dreamt of being a rock star? Enjoy an afternoon 'jam'.	Wed 3.30 - 4.30 Thurs 3.30 - 4.30	
 RELAXATION	Put your feet up! Relax! Learn how to stay calm and enjoy life thanks to St Laurence.	Wed 3 - 4 Thurs 3 - 4	
 SEA KYAKING	St Laurence will take you sea kyaking on the calm waters of Corio Bay. You must be able to swim to do this activity	Wed 3.30 - 4.30	
 SINGING	Sing your favourite song in front of an audience!	Wed 11.15 - 12.15 Wed 3 - 4	
 SOCCER	Bend 'em like Beckham! Learn how to kick a goal in the great game of soccer.	Thurs 11 - 12 Thurs 1.30 - 2.30	
 SURFING	Let's go surfing now' at the Ocean Grove Surf Club.	Fri 9 - 11.30	
 BOLLARD WALK	Check out the famous 'bollards' as you walk or wheel along the esplanade.	Thurs 1.30 - 2.30 Fri 11 - 12	

Please return your completed Come & Try Activity Booking Sheet to VALID

Fax: 03 9416 0850

E-mail: brenda@valid.org.au

Post: 235 Napier Street, Fitzroy, VIC 3065

DISCLAIMER - The Organisers would like participants to note that these activities are offered as optional extras to the main conference program. While every precaution has been taken to ensure that all participants will be safe, individuals choose to undertake the activities at their own risk. Therefore the organisers take no responsibility for any injury that may arise from participation in these activities.

Please note: Activities may be cancelled by the Organisers due to unforeseen circumstances.

