

NORTH CAVE IBC

TOWNEND LANE, NORTH CAVE HU15 2LZ

TRY INDOOR BOWLS

Sunday 15th **September** 10am-3pm

FREE TASTER DAY



NO BOOKING NECESSARY

Your chance to try a new form of exercise in a warm friendly atmosphere.

Our friendly coaches will be on hand to give guidance and help you master the basics, all equipment needed will be available free of charge.

Please dress comfortably & casually. A flat pair of clean shoes/trainers or thick socks may be worn on the rink.

Individual taster sessions can be arranged at other times, please ring to book.

Or just call in for a coffee.

Phone- 01430 421378 Email-northcavebowls@btinternet.com