



## FREE COACHING

Learn to play bowls



**WHERE:** South Tweed Bowling Club

**WHEN:** Saturdays 10:00 am – 11:00 am

**WHAT YOU NEED:** Flat sole shoes, hat, drink, and sunscreen

**WHAT YOU WILL LEARN:**

The Basics- Using the mat, throwing the Jack, delivering the bowl.  
the rules, bowler's etiquette, and safety.

From age 12 years old +

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Certified Introductory Coach, Bowls Australia