

CLUB 55+ BOWLING



**COME
CHECK
US
OUT!**

A program designed for everyone over the age of 55 years to provide an interesting program that would encourage participation in a fun and moderately physical activity.

This program has awards for those who achieve a certain degree of skill and to conduct tournaments and championships that are interesting and a challenge to all bowlers regardless of their skill.

This is a great way to make friends and keep you fit while having fun.

Come join an activity that you can participate in for a lifetime that provides regular, moderate exercise and requires no special athletic ability.

Keep fit...Bowl a bit!

Bowling is a healthy social activity that will keep you fit throughout the year.

BOWLBC

www.bowlbc.com or (604) 522-2990