

# DROP IN LADIES VOLLEYBALL

**FREE**



**Six Nations  
Parks &  
Recreation**

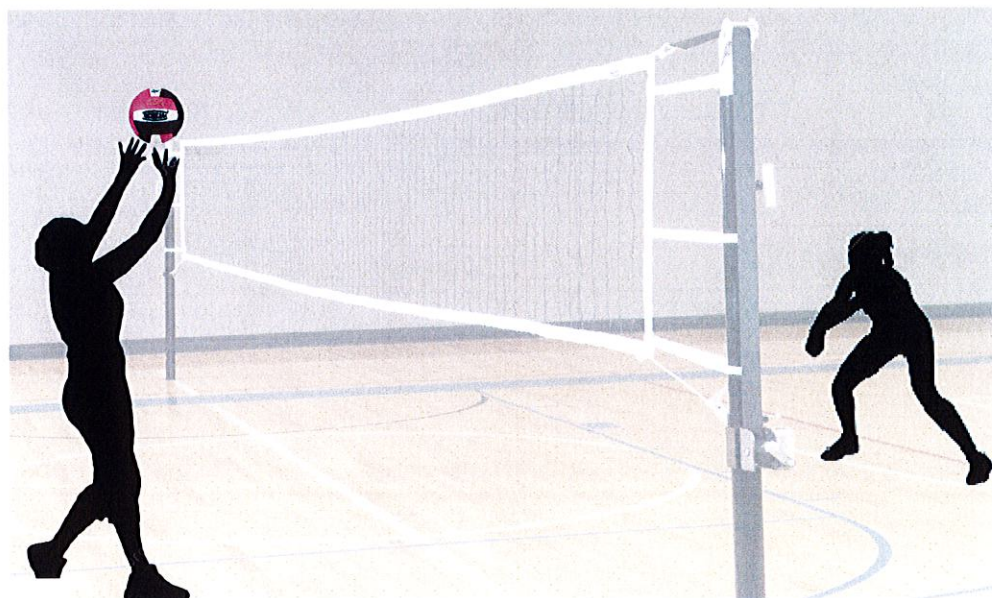


**Youth & Elders Centre**

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Recreation



**When:** TUESDAYS  
**Starts:** Sept 12, 2017  
**Ends:** Mar 27, 2018  
**Time:** 7:30—9:00 p.m.  
**Place:** Dajoh—Onondaga Gymnasium  
**Ages:** 18+

## **Benefits of Volleyball**

- ◆ **Builds agility, coordination, speed and balance**
- ◆ **Burns calories and fat**
- ◆ **Tones and shapes body**
- ◆ **Heart Healthy**

