

DID YOU KNOW?

There is a safe target sport that has NO age restrictions, NO gender restrictions, that can be enjoyed by ANYONE regardless of their background or physical abilities?

Lawn bowls is one of the best kept secrets in sporting circles, but with the current explosion in its popularity amongst younger players, that is changing fast! If you thought lawn bowls is a sedate leisure activity just for older people, you are in for a surprise.

Whether you are looking for a recreational activity with plenty of social interaction, or a fast-paced strategy-based sport offering the opportunity of achieving at international levels, lawn bowls is the best choice. It can be a game of skill and strategic tactics or simply enjoyable and relaxing – it's entirely up to you.

It's only in lawn bowls that sayings such as '*how fast can you drive*' or '*being biased is a good thing*' or '*get one in the head*' or even '*hit the jack*' take on a completely new meaning.

With it's unique character that appeals to all age groups, bowls is truly 1Sport4Life – you can start at age seven and still be enjoying it at the age of one hundred!

Visit your local Bowling Club to see for yourself why lawn bowls is a vibrant, affordable and friendly sport for the whole family!



Visit your local Bowling Club:

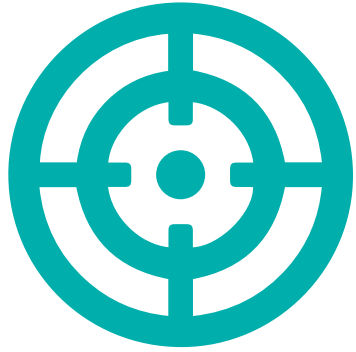


Have **you** tried
BOWLS?

The sport for all ages, genders,
backgrounds and physical abilities

www.1sport4life.co.za - #1Sport4Life





Target Sport



Strategy Game



For Everyone

BOWLS IS A SPORT WITH OUTSTANDING HEALTH AND SKILLS BENEFITS

	Life Skills				
	Motor Skills	Physical Skills	Psychological Skills	Self Actualisation	Social Skills
	Motor Coordination Balance Hand / Eye / Foot Coordination Timing Rhythm Sense of Direction Depth Perception	Fitness Core Stability Flexibility / Mobility Muscle Toning	Emotional Control Focusing Concentration Positive Imagery Relaxation Self Motivation Goal Setting	Leadership Confidence Courage Persistence Positive Attitude	Respect Sportsmanship Communication Cooperation Tolerance Loyalty Unselfishness Teamwork
	www.1Sport4Life.co.za				

IT'S THE PERFECT SPORT FOR YOU