

SWITCH Spring 2019

Twice a year Princes Park Touch in partnership with VicHealth run a FREE learn to play touch and fitness programs to Strengthen Women in Touch Football (SWITCH).

These programs run for 4-5 weeks and are targeted at females who are new or inexperienced players.

The program teaches basic fitness, ball skills and an introduction to game play with the emphasis on having fun in what we believe is the best game. We supply everything, all you need to bring is yourself and your playing gear.

The program will be predominately run by experienced female players who can also share their experiences and at the conclusion of the program (those that don't have a team) will have the choice of being placed into a team

Dates for our upcoming Autumn Switch are:

We need complete details for grant and membership purposes so please

or if you have any questions contact Brad:

- **Brad Chant** (Mob) [0400 070 077](tel:0400070077)
E-mail: info@princesparktouch.com