

# FUN, FRIENDS AND FITNESS!

Come down and enjoy a **FREE** go on Tuesday, 14<sup>th</sup> October from 6:30pm (Juniors) or 7:30pm (Seniors).

The AFL will be running a coaching and non-competitive games for all newcomers to AFL 9s.

It doesn't matter if you don't have a team – bring a friend or small group, even come alone and we'll fit you into a side.

**AFL 9's is a mixed team social sport.**

**Designed for fun with your friends, it's non-contact with a soft modified football.**

## **WHERE:**

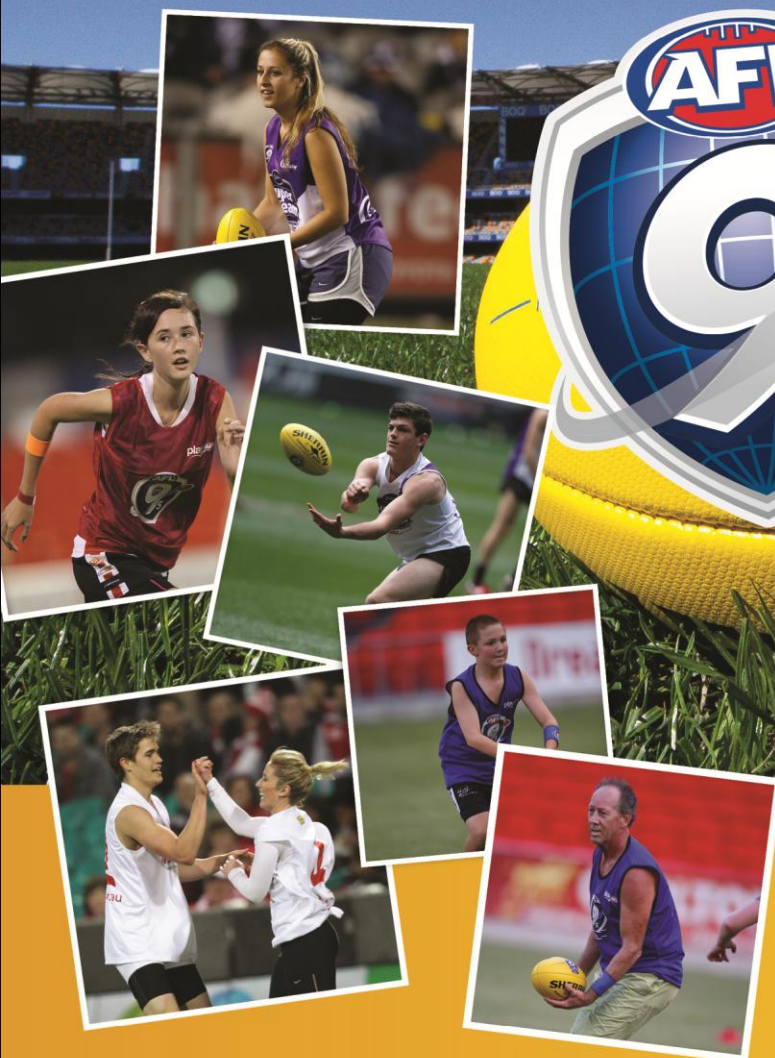
**DUKES OVAL, EMU PLAINS**  
Off Park Street

## **WHEN:**

**TUESDAY, 21st OCTOBER**  
6:30pm – 7:30pm (Juniors)  
7:30pm onwards (Opens)

## **COST:**

**\$50pp or \$500 per team**



To register visit [www.afl9s.com.au](http://www.afl9s.com.au) and enter '**2750**' or '**Penrith**' or '**Emu Plains**' in the **Venue** search.

For further information call  
**Mike O'Grady 0431 955 721**