

Over 55 Walking Association Inc.

We are walking for health, fitness and fun. Join us.

What we do



A quick introduction to our club

Our non-profit club has a long history of providing **casual** and **very friendly** organised walking events **every Tuesday**; assembling by **10:00am**, walking commences at **10:30am** (through to approximately 12 noon) during the months of **March to November**.

Each week we visit a unique location in the Perth metropolitan area so that our members may choose their own frequency for attendance.

We cater for all levels of fitness, and we **warmly invite** you, your friend and family to try out our companion-style walking. There is something to suit everyone – regardless of the pace at which you walk or move.

All club members are issued with an official name-tag badge for easy identification.

Age and Ability

Age and Ability is no barrier to joining our club.

We might be termed 'Over 55' however our club is open to the **widest variety of ages** including those slightly below the age of 55.

We do not collect your **date of birth** on our application form.

Why not 'give us a go'?

- Your first walk is a freebie, so **you've got nothing to lose**.
 - Stop by at one of our published walking events and ask to participate in a free trial.
 - We would be more than happy to answer your questions in-person.
 - **Annual** membership fee (if joining) is a modest **\$20.00** which cover the whole calendar year.
- Cheap as chips!**

Contact us



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All enquiries

Role	Name / Contact info	Additional info
President	Diane (Di) Jeffrey ☎ 0408 240 283 ✉ offwapresident@gmail.com	● wears yellow vest
Vice-President	Shirley Lizza ☎ 0400 577 738	● wears yellow vest

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