

# WHAT IS LAWN BOWLS?



Target Sport



Strategy Game



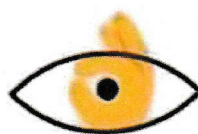
All year round



All abilities/ages

## A SPORT WITH OUTSTANDING HEALTH AND SKILLS BENEFITS

### Motor Skills



Motor Coordination  
Balance  
Hand / Eye / Foot  
Coordination  
Timing  
Rhythm  
Sense of Direction  
Depth Perception

### Physical Skills



Fitness  
Core Stability  
Flexibility  
Mobility  
Muscle Toning

### Psychological Skills



Emotional Control  
Focusing  
Concentration  
Positive Imagery  
Relaxation  
Self Motivation  
Goal Setting

### Life Skills Self Awareness



Leadership  
Confidence  
Courage  
Persistence  
Positive Attitude

### Social Skills



Respect  
Sportsmanship  
Communication  
Tolerance  
Loyalty  
Unselfishness  
Teamwork

## IT'S THE PERFECT SPORT FOR YOU

Come and Try Lawn Bowls  
At

**CLUB JUBILEE**  
TOWNSVILLE



Bowls provided – coaching available

13 Burdekin St Mundingburra (next to Mundingburra State School/Anderson Gardens)

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