

# GET COACHED



## SANDY HILL LANES HAS THE FORMULA

BENEFITS + TECHNIQUES = FUN FACTOR

### BENEFITS

- BUILDS POSITIVE REINFORCEMENT REGARDLESS OF AGE, ABILITY OR SKILL LEVEL
- DEVELOPS SELF DIRECTION THAT EQUATES TO INCREASED PRACTICE AND LEARNING

### TECHNIQUES

- IMPROVE SCORES AND ENJOYMENT
- BURN CALORIES, BUILD MUSCLES AND STRENGTHEN BONES
- SUSTAIN HAND, FOOT, EYE AND BALANCE COORDINATION
- DEVELOP A SOURCE OF SOCIAL INTERACTIONS THAT INCREASES SOCIAL HEALTH

NEXT SESSION STARTS SOON

CALL 760-830-6422  
TO REGISTER.

MCCS29PALMS.COM

MCCS29REC



*Sandy Hill Lanes*  
**BOWLING**  
*Center*