

# BEACH BOOT CAMP

## GREENHILLS SAND DUNES EVENT INFORMATION

We're excited to take your training to the next level. Sand dune training—long favoured by athletes and fitness enthusiasts seeking an extra challenge—is a high-energy, low-impact workout. This program is suitable for individuals with **intermediate to advanced fitness levels and not open to** those with medical conditions or active injuries.

### DETAILS:

**Cost:** \$40 for all four sessions. Single session attendance not permitted.

**Dates:** Fortnightly Sundays 28/9; 12/10; 26/10; 9/11.

**Time:** 9.00am - 10.30am. We will depart from the meeting point at 8:45 AM sharp to walk to the sandhills. Late arrivals who miss the warm-up will not be able to participate.

**Place:** Meeting point is Mitchell Rd Carpark (Cronulla) at the top of the loop. Please review the map provided on the next page and search for **Wanda Sandhills meeting point in Google Maps**.

### **Before attending, please review the following important information:**

A Pre-Exercise questionnaire must be completed to confirm registration and attendance. If you have any medical conditions that limit your ability to participate in high-intensity exercise or sand running, we advise against registering.

Sunscreen will be available, but we strongly recommend applying sunscreen before arrival.

Spaces are limited to 30 participants.

Avoid bringing valuable items. Car keys and water bottles/refreshments can be stored at the meeting point.

**Weather Notice:** Sessions will proceed in light rain. In the event of heavy rain or unsafe conditions, the session will be postponed to another weekend.



# GREENHILLS SAND DUNES EVENT INFORMATION

**MEETING POINT**



## Important Information Before Attending

- Medical Restrictions:
  - Avoid registering if you have conditions limiting high-intensity exercise or sand running.
- Arrival Time:
  - Meeting point departure at 8:45 AM sharp.
  - Late arrivals missing the warm-up cannot participate.
- Sun Safety:
  - Sunscreen provided.
  - Apply sunscreen before arrival and dress sun-safe.
- Valuables:
  - Avoid bringing high-value items.
  - Car keys and refreshments stored at starting point (not supervised).
- Weather Policy:
  - Sessions proceed in light rain.
  - Postponed only in case of heavy rain or unsafe conditions.