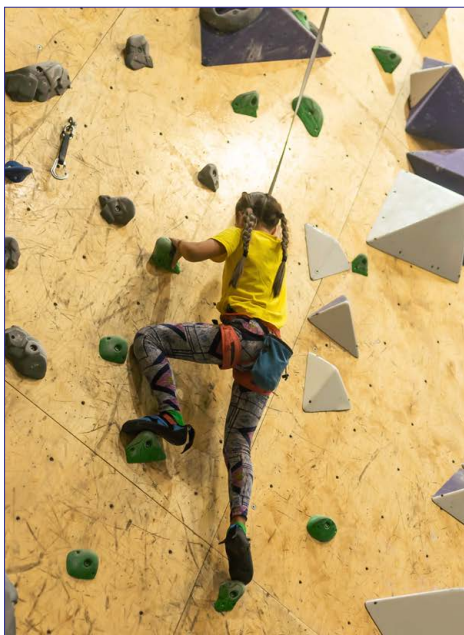




Ten Pin Bowling at Strike Bowling, Wollongong	
Date:	Wednesday 8 July 2026
Drop off:	10.30am, The Wallis Centre, 114 Church Street, Wollongong
Pick up:	1.30pm, The Wallis Centre, 114 Church Street, Wollongong
Lunch:	Included
Cost:	Free!
Places:	10 spots available



Hangdog Climbing Gym, Wollongong	
Date:	Thursday 16 July 2026
Drop off:	10.30am, The Wallis Centre, 114 Church Street, Wollongong
Pick up:	1.30pm, The Wallis Centre, 114 Church Street, Wollongong
Lunch:	Included
Cost:	Free!
Places:	10 spots available

Interested?

Please submit your Expression of Interest by Friday 19 June 2026, by completing the form on the back page of this flyer, and emailing it to sibs@interchangeillawarra.org. You may select one or both activities. We will contact you to confirm your place or offer a future opportunity, depending on availability.

If you are interested for future events, but not available on these dates, please let us know by emailing sibs@interchangeillawarra.org so we can advise you of upcoming events.

If you have questions please don't hesitate to contact Interchange Illawarra by emailing sibs@interchangeillawarra.org or by calling our office on 4227 1079.



EXPRESSION OF INTEREST FORM

Childs Name:	
Childs Age:	
Parent/Carer Name:	
Email:	
Phone Number:	
Which event is your child interested in attending? Please note: You can choose both events.	<input type="checkbox"/> Ten Pin Bowling on Wednesday 8 July 2026 <input type="checkbox"/> Hangdog rock climbing on Thursday 16 July 2026
Please email this form to sibs@interchangeillawarra.org by 19 June 2026	

Please note:

- There are no fees for the activities however parents/carers must be able to drop-off and pick-up their child at the nominated time and location (usually the Wallis Centre, 114 Church Street, Wollongong).
- There is no requirement/restriction regarding the disability your child has or their age, however the sibling(s) must be aged between 8 and 12 years old to participate in the Interchange Illawarra Sibs activities.
- The siblings themselves must not have a disability as we require them to be able to fully participate independently in the activities and follow instructions given by the Support Workers.
- There are limited places at our events. We will contact you to confirm your place or offer a future opportunity, depending on availability.



Head Office: The Wallis Centre,
114 Church Street, Wollongong

Southern Office:

153 Pur Pur Avenue, Lake Illawarra



02 4227 1079



info@interchangeillawarra.org



www.interchangeillawarra.org