

Get ready. Start practicing now!

# ILNGAROOJ SPORTS & FAMILY FUN DAY

**DATE: 6TH DECEMBER 2025**

**VENUE: WILLIAM GARDEN RETREAT CENTRE ILNGAROOJ, NEAR HAILY QUARRY 25KM FROM NGONG TOWN.**

Guest special performance by the Kenya Jumping Rope Federation

EARLY BIRD: ADULTS **KSH.1000(\$10)** CHILDREN **KSH.500(\$5)**

GATE ENTRY: ADULTS **KSH.1300(\$13)** CHILDREN **KSH.500(\$5)**

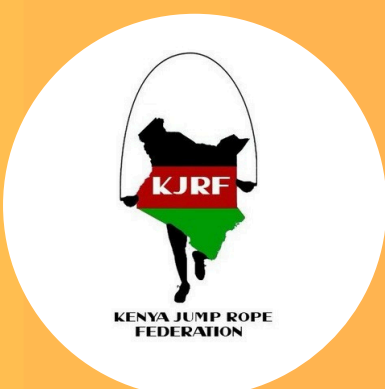
**Exhibition booths available!!**

 [www.williamretreatgarden.com](http://www.williamretreatgarden.com)

 [rhoftonconsultants.co.ke](http://rhoftonconsultants.co.ke)

**Contact: 0728379785**

**Esteemed sponsors of this event:**



To register, [click here](https://forms.gle/vEVosLuymoqcSc4d8) or scan QR code <https://forms.gle/vEVosLuymoqcSc4d8>



# William Garden Retreat Centre and Rhofton Consultants cordially invites you to a sports and family fun day.

Free activities include:

1. Nutrition Counseling
2. Blood pressure check
3. Weight/BMI check
4. Sight seeing
5. Team building & coordinated physical activity
6. Legal aid



Competitive activities: children, teens, adults and the elderly (at Ksh500 each)

1. Mountain bike racing-10km loop  
{Bikes for hire available}
2. Archery
3. Short races (100m, 200m)
4. Shot put field sport
5. Walking race
6. Jumping rope singles and group
7. Kite flying
8. Table games: chess, sudoku, crossword
9. Long jump
10. hula hoop

**Objective: To promote health and well-being for individuals and families including mental health through physical activity, sports and fun**

**AWARDS TO BE WON!!**



Call to book for transport To and From Ngong Town.

**Your health is your wealth. Come one come all.**