



# Hillingdon Abbots RFC

Are you aged between 5-15 years old?  
**THEN COME AND GIVE RUGBY A TRY!**



We are a friendly, local rugby club and we are  
looking for  
**NEW PLAYERS** of ALL abilities to join our  
youth teams.

**Boys and girls welcome**

**Rugby is a great way to keep fit and active,  
learn new skills and have fun!**

**Every Sunday, September - May, 10am - 12noon**



Hillingdon Abbots Rugby Football Club  
Pole Hill Open Space  
Gainsborough Road  
Hillingdon UB4 8PS

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