



Volume 4, Issue 2

25 February 2010

MARCH Activities

ADVENTURE Women®

- Canoeing
- Sailing
- Surfing
- Scuba diving
- Snorkeling
- Stand up paddling
- Kitesurfing
- Abseiling
- Horse riding
- Mountain biking
- Bush 4wd'ing
- Target archery
- Yoga
- Bollywood
- Circuit training
- Boxfit, Fitball
- Volleyball

RAW

- Rowing
- Stand Up Paddling
- Waterskiing
- Wetlands explore
- Sailing
- Get your boat license
- Ocean jet skiing
- Moonlight paddling
- Kitesurfing
- Energize flow —yoga
- 4WD bush driving
- Island bicycle ride
- Abseiling
- Bushwalking
- Rock climbing
- Horse overnight camping
- Tennis lessons
- Jazzercise
- Nordic walking
- Group Boxing
- Bollywood
- Deepwater running
- Target archery

NEW SEASON BROCHURE
AVAILABLE in MARCH

CommuniFY Qld Recreation ENEWS

COMMUNIFY QLD 180 JUBILEE TERRACE BARDON QLD 4065
www.communify.org.au

Women's Recreational Activities

The Moreton Bay Regional Council's **ADVENTURE WOMEN** activity program returns to the women of Pine Rivers, Redcliffe and Caboolture districts. Over 30 different recreational and sporting activities are on offer during March, April and May.

For Brisbane residents, check out the remaining activities in the current **RAW (Real Adventure Women)** program. Don't miss out on your chance to try these fun activities before the season closes.



You don't need to be experienced or to have your own equipment, just book in and **bring your sense of adventure!!** The programs are designed to suit all ages and abilities. All instruction is provided by qualified and passionate activity providers keen to share their activity and equipment with you.

For more details about the RAW activities, pick up the RAW Spring Summer brochure from any Brisbane City Council library, ward office or customer service centre, or log on to the council website: www.brisbane.qld.gov.au and search for **RAW**

For more details about the ADVENTURE WOMEN activities, visit www.moretonbay.qld.gov.au and download the program or pick up a brochure at any Moreton Bay Region Council office.

Membership is not required for the programs, just contact the provider of the activity published in the **RAW** brochure to book your place to participate. For **more information** about the programs **contact** the Recreation Program Coordinator on phone **3510 2722** or by email: recreation@communify.org.au

Start your active and healthy lifestyle today!