



Volume 4, Issue 3

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APRIL Activities

ADVENTURE Women®

- Canoeing
- Kayaking
- Surfing
- Scuba diving
- Snorkeling
- Stand up paddling
- Kitesurfing
- Abseiling
- Horse riding
- Mountain biking
- Island bicycle ride
- Yoga
- Bollywood
- Fire Twirling
- Circuit training
- BoxFit, Fitball
- Volleyball
- Jazzercise
- Nordic Walking

NEW SEASON RAW

- Tandem skydiving
- Stand Up Paddling
- Learn to surf
- Ocean jet skiing
- Kayaking
- Moonlight paddling
- Get your boat license
- Get your jet ski license
- Snorkeling
- Scuba diving
- Circus skills
- Island bicycle ride
- Bicycle maintenance
- Rock climbing
- Abseiling
- Jazzercise
- Nordic walking

NEW SEASON BROCHURE
AVAILABLE in MARCH

CommuniQy Qld Recreation ENEWS

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

Women's Recreational Activities

Calling all **Adventure Women** in the Moreton Bay region (Redcliffe, Pine Rivers and Caboolture districts). Why not try something new in April? Firewirling, mountain biking and kitesurfing are just a few of the 30 exciting activities scheduled.



Brisbane women also have some great adventure activities to choose from in April with the new season RAW program. Kick start the month by learning circus skills, learning to surf or experiencing an island bicycle ride. Or maintain your health and wellbeing with Jazzercise or Nordic walking sessions.



All you need for any of the activities is your sense of adventure. Come along, have fun and meet other women in your community. All ages and abilities are catered for. 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 Autumn Winter 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!