



**fast and female**

**empowerment through sport**



**SIGN UP NOW!**

**FUN AND FITNESS FOR GIRLS AGED 9-19 YEARS OLD**



**PERISHER NORDIC SHELTER, SNOWY MOUNTAINS, NSW**

**SUNDAY 10TH AUGUST, 2014 : 8.30AM-9.00AM**

**EARLY BIRD ENTRY \$20**

**ON THE DAY REGISTRATION \$25 INCLUDES FAST AND FEMALE HEADBAND, CRAYBAND STATION, SKI LESSON, BIATHLON LAZER GUN LESSON, GOAL SETTING WORKBOOK AND LOADS OF FUN.**

**REGISTRATION OPEN FROM 9.00-9.45AM**

**REGISTER ONLINE**

<https://fastandfemaleperisher2014.eventbrite.com.au>

**FOR MORE INFORMATION:**

email: [admin@fastandfemaleaustralia.org](mailto:admin@fastandfemaleaustralia.org) web: [www.fastandfemaleaustralia.org](http://www.fastandfemaleaustralia.org) contact: Allison McArdle 0416 627 747

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