

**SAVE THE DATE**  
Perisher - Saturday 3rd August



**fast and female**

*empowerment through sport*  
*Fun and Fitness is great!*



## Fun and fitness for girls aged 9-19 years old

**Where:** Perisher Nordic Trails, NSW

**When:** Saturday 3rd August, 10.30am - 2:30pm

- Come and join us for a day of cross country ski fun
- Meet our Ambassadors, all past and present great female skiers
- Make new friends
- Learn new skills through games and skill based stations, including biathlon!

### For more information:

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contact: Allison Stoddart 0416 627 747



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