

Active for life. go and get adventurous

ISSUE 4 > MARCH TO MAY 2009

ADVENTURE Women



ACTIVITIES FOR
WOMEN AGED 16 AND OVER



ADVENTURE Women

is an adventure recreation activity program giving women aged 16 and over, who live in Pine Rivers, Redcliffe and Caboolture districts the opportunity to develop skills, build confidence and form new friendships while enjoying and exploring Moreton Bay Region and surrounds.

Adventure Women participants can experience a variety of sporting and recreation activities in a friendly, supportive and non-competitive environment. The program of activities suits beginners as well as those with more experience.

Please Read

IMPORTANT: LEGAL NOTICES

VOLUNTARY ASSUMPTION OF RISK:

You undertake an activity at your sole risk and acknowledge and voluntarily accept the level of risk consequent with that activity.

WARNING:

If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended that you seek the appropriate independent advice (including medical).

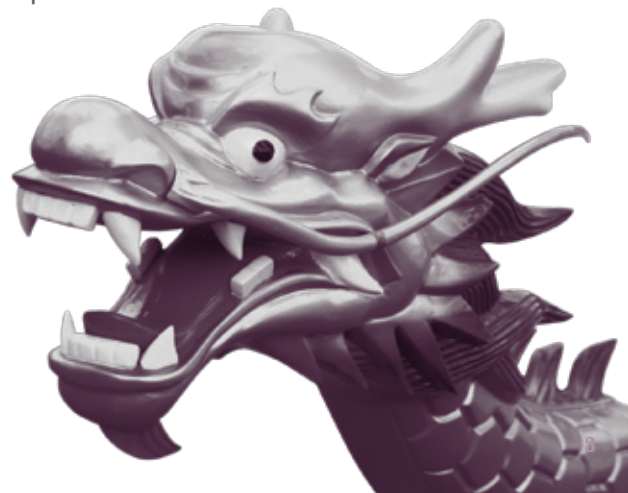
PLEASE NOTE: *Moreton Bay Regional Council staff are not authorised to give any advice to you in this regard.*

DISCLAIMER:

The activities are provided by third parties, not Moreton Bay Regional Council. In respect to each activity, your legal relationship is with that third party provider.

Therefore, Moreton Bay Regional Council takes no responsibility or liability for any damage, loss, costs, expenses, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions of any participant (including yourself) or any third party provider.

Information contained in this program is correct at the time of printing and is subject to change.



ADVENTURE WOMEN is a program initiated by Moreton Bay Regional Council and delivered by Community Qld.

2009 program details

The program runs from Sunday, 1 March to Sunday, 31 May 2009.

How to get involved

- You must be a resident living in the Moreton Bay region.
- **Bookings are essential.**
- **Contact the activity provider listed in the program to book your place.**
- Decide which activities appeal to you. (If you are in doubt about your ability to participate, please telephone the activity provider and discuss your concerns).
- Please indicate that you are booking as part of Moreton Bay Regional Council's Adventure Women program when you telephone or email the activity provider.
- Please note some activities may require payment on booking.
- Be aware that some activity providers are offering their services on a voluntary basis.
- Please advise activity providers as soon as possible if you are unable to attend an activity for any reason; someone else may be waiting for a place to become available.


How much is it?

- All Adventure Women activities offer fantastic value for money.
- Cost includes instruction and all equipment unless otherwise stated.
- The cost per session includes GST and is noted next to each activity on the program.
- Cost is per session unless otherwise stated.

Please wear comfortable clothing, suitable footwear and bring a water bottle along to each activity.

Remember to *slip, slop, slap, wrap*. Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses to protect your eyes.

To ensure we continue to offer a high quality program, you may be asked to provide feedback about your participation in an **ADVENTURE WOMEN** activity. Your assistance is appreciated.

Note:  This symbol means wheelchair accessible venue and wheelchair toilets available.

Other Moreton Bay Regional Council programs

- **SHAFT** (Super Holiday Activities For Teenagers)
- **Older and Bolder** (Activities for people aged 50 and over)

For further information, suggestions or comments about **ADVENTURE WOMEN**, please contact the **ADVENTURE WOMEN** Coordinator:

Community Qld

180 Jubilee Terrace, Bardon 4065

Telephone 3510 2722

Facsimile 3366 7845

Email recreation@community.org.au



ADVENTURE Women

activities

BOXING AND SELF DEFENCE

Fri 27 Mar, Sat 16 May

Learn to train like a boxer and finish your sweaty workout with fast, effective self defence moves. This will take your strength, fitness and confidence to a whole new level. Go for it!

*Sweat Depot, Erin 0416 121 615 (9am to 5pm)
erin@sweatdiva.com.au | www.sweatdepot.com.au*

BIRIBIE ISLAND SAIL ABOARD TALL SHIP "SOUTH PASSAGE" Sat 21 Mar

Feel the rush the wind in your face the thrill as you hoist the sails, tack, navigate, helm and all the other aspects of sailing a Tall Ship on beautiful Moreton Bay! Never sailed before? We are happy to teach you the ropes. Otherwise, sit back, relax and take in the sea air.

*Sail Training Association of Queensland, Chris or Lisa 3893 3777 (BH)
admin@southpassage.org.au | www.southpassage.org.au*

BUNCH CYCLE RIDE

Sun 1 Mar

Join other women on a 30-40km bunch ride leaving from North Lakes and heading out to the Redcliffe Peninsula. Riders need their own bike, helmet, hydration/ nutrition and repair kit and be capable of riding an average speed of 25km/h+. Finish back at North Lakes for a coffee with the group.

*Dutton Cycles Racing & Recreation Club,
Kelli 3204 5600 (leave message at shop)
club@duttoncycles.com.au | www.duttoncycles.com.au*

COME 'N' TRY CANOEING

Sat 11 Apr, Sat 2 May

Always wanted to try canoeing but unsure how to start? This is the perfect activity for you. Learn the basics of paddling a canoe in the beautiful Pine River surrounds.

*Qld Canoeing, Danielle 3349 1933 (BH)
qc.recreation@canoe.org.au | www.canoe.org.au*

DISCOVER SCUBA DIVING - POOL ACTIVITY

21, Mar, Sat 18 Apr, Sat 16 May

Experience the thrill of scuba diving in a 3 metre deep pool. Great introduction for non-divers to see what scuba diving is all about. Learn basic concepts and scuba skills in a safe, controlled environment under professional supervision.

*Redcliffe Dive Centre, Yvonne 3283 1177 (BH)
admin@redcliffedive.com.au | www.redcliffedive.com.au*

DRAGON BOAT PADDLING

Sat 9 May

Experience paddling in an ancient Chinese Dragon Boat with nineteen other adventurous women. Learn paddling skills and teamwork then demonstrate your new found skills with fun activities. Share your experiences over morning tea afterwards.

*Red Dragons Redcliffe Dragon Boat Club, Kim Moyle 0418 156 662
dragons_red@yahoo.com.au | www.redcliffedragonboatclub.com*

ENJOYING MOUNTAIN BIKING

Sun 8 Mar, Sun 12 Apr, Sun 10 May

Get out of the city and into the bush enjoying mountain biking away from the traffic with the emphasis on having FUN!! BYO bike, helmet and water.

*Roadie Rob's Bicycle School, Rob 0416 247 883 (7am to 7pm daily)
info@roadierobsbicycleschool.com | www.roadierobsbicycleschool.com*

HALF DAY CLIMBING AND ABSEILING ADVENTURE

Sat 11 Apr, Sat 9 May

Challenge your mind and body while you immerse yourself in the spectacular scenery of the Sunshine Coast Hinterland. Experience a vertical world as you abseil and rock climb on the amazing cliffs of Mt Ngungun in the Glasshouse Mountains. All safety equipment, instruction and lunch provided.

*Pinnacle Sports, AJ 3368 3335 (10am to 6pm weekdays)
info@pinnaclesports.com.au | www.pinnaclesports.com.au*

INTRO TO 4WD BUSH DRIVING

Sat 2 May

This activity is fun, friendly and exciting. Be guided through the day as you learn the capabilities and limitations of your 4WD/AWD vehicle. Practice your new skills on the purpose built 4WD obstacle course. BYO 4WD/AWD.

*Brisbane Hinterland 4WD Tours, Marian or Bob 1300 787 062 (BH)
enquiries@brishint4wd.com.au | www.brishint4wd.com.au*

INTRO TO TARGET ARCHERY

Sun 3 May

Learn to shoot a bow and arrow at fixed targets in a beautiful setting. Suitable for all ages and abilities. Join members of the oldest archery club in the state for this enjoyable activity. All equipment provided.

*Grange Company of Target Archers Inc,
Brian or Alison 3289 6497 (anytime)
hagaman@techsus.com.au | www.grangearchery.org*

KAYAK ADVENTURE

Sun 26 Apr, Sat 30 May

Looking for a bit of adventure? Female instructors will teach you kayak skills while exploring the reaches of the Pine River and checking out the local wildlife.

*Qld Canoeing, Danielle 3349 1933 (BH)
qc.recreation@canoe.org.au | www.canoe.org.au*

LEARN TO SAIL A SMALL BOAT

Sat 21 Mar

Learn the ropes in small sailing boats! Have a go at steering, tacking and trimming the sails on this introductory sailing session. Includes lunch.

*Qld Cruising Yacht Club, Amanda 3269 4588 (9am to 5pm Weekdays)
info@qcy.com.au | www.qcy.com.au*

LEARN TO SURF

Sat 14 Mar

Learn to ride a surfboard! Qualified and accredited coaches will guide you through surfing's basic fundamentals in a relaxed, safe and fun environment. You will be riding your own wave in no time! All equipment provided.

*Sunshine Coast Surfschools, Dave or Leighton 0404 073 873 (BH)
info@scsurfsschools.com.au | www.scsurfsschools.com.au*

MORNING TEA WETLANDS EXPLORE

Sat 14 Mar, Sun 24 May

Enjoy the native wildlife and beautiful surrounds as you paddle the Tinchi Tamba wetlands. Instructors will teach you paddle strokes and morning tea will be provided along the way.

*Qld Canoeing, Danielle 3349 1933 (BH)
qc.recreation@canoe.org.au | www.canoe.org.au*

OCEAN JET SKIING

Wed 4 Mar, Wed 1 Apr, Wed 6 May

Experience the thrill of jet skiing in the ocean. Instructors will teach you all the tricks and manoeuvres. No experience necessary.

*Ocean Jet Ski Hire, Debbie 0422 178 444 (BH)
oceanjetski@aa.net.au | www.oceanjetski.com.au*

ONE HOUR TRAIL RIDE

Fri 6 Mar, Sat 7 Mar, Wed 11

Mar, Sun 15 Mar, Fri 20 Mar, Wed 25 Mar, Sat 28 Mar, Sun 29 Mar, Sat 4 Apr, Sun 5 Apr, Sun 19 Apr, Wed 22 Apr, Fri 24 Apr, Fri 8 May, Wed 13 May, Fri 22 May, Sat 23 May, Wed 27 May, Sun 31 May

Enjoy a guided trail horse ride through farm and forest on healthy, happy horses. Tuition and safety equipment provided.

*Welcome Horse Riding School, Sylvia 3289 4644 (daily)
riding@welcome.net.au | www.welcome.net.au*

OUTRIGGER CANOE PADDLING

Sat 25 Apr

Paddle six person outrigger canoes around Bramble Bay's foreshore with experienced club paddlers. Wear beach gear, hat and wet shoes if you have them and bring water bottle. Must be able to swim.

*Redcliffe Outrigger Canoe Club, Peter 0419 786 205
peter.marsh@moretonbay.qld.gov.au | www.redcliffeoutrigger.com*

PILATES

Tues 3 Mar, Tues 10 Mar, Tues 17 Mar, Tues 24 Mar, Tues 31 Mar

Ever wanted to give pilates a go? Try this low impact class that teaches awareness of breath and alignment of spine and focuses on the core postural muscles.

*Gym Junkies, Kelly 3408 6000 (daily)
kelly@gymjunkies.com.au | www.gymjunkies.com.au*

POCKET BIKE RACING - RIDING

Sun 22 Mar, Sun 19 Apr, Sun 3 May

Learn about the fun sport of pocket bike racing. Club members will teach you how to ride these road mini motorbikes on a controlled safe racetrack. All bikes and safety equipment provided.

North Brisbane Pocket Bike Club, Kim 0405 031 383 (after 4pm weekdays, anytime weekends)
nbpocketbikeclub@gmail.com | www.nbpbc.bravehost.com

RECREATION RIDE

Sun 1 Mar

Join other women for a relaxed and friendly 10km ride around North Lakes away from busy roads. This inclusive and supportive ride is suitable for most fitness levels riding at average speed of 15-20km/h. Experienced female cyclists are encouraged to come and share their knowledge and passion before continuing on for the faster bunch ride. BYO any kind of bike, helmet and water.

Dutton Cycles Racing & Recreation Club, Kelli 3204 5600 (leave message at shop)
club@duttoncycles.com.au | www.duttoncycles.com.au

ROLLER DERBY FOR BEGINNERS

Tues 21 Apr, Sun 24 May

Try this all-girl sport played on quad rollerskates. This beginner session is non-contact and focuses on skating skills and derby basics like stops, knee slides and games. Great music and good fun! BYO skates and safety set or hire for \$8.50.

Northern Brisbane Rollers, Meaniegrll
freshmeat@northernbrisbanerollers.com.au
www.northernbrisbanerollers.com.au

ROWING COME AND TRY

Sun 8 Mar, Sat 2 May

Get a taste for rowing. Learn basic rowing and sculling techniques while trying out different boats on a beautiful lake setting. You will be guided all the way by friendly and helpful coaches. Share experiences over morning tea. Must be able to swim and have a moderate level of fitness.

Pine Rivers Rowing Club, Stacey 0403 324 995 (9am to 8pm daily)
prrc@me.com | www.pineriversrowing.org.au

S MOVES

Mon 2 Mar, Mon 9 Mar, Mon 16 Mar, Mon 23 Mar, Mon 30 Mar

This ladies only activity is best described as pole dancing without the pole! Not only will you be using muscles that you never thought you had but you will learn to love your body and build self confidence in the skin you're in.

Gym Junkies, Kelly 3408 6000 (daily)
kelly@gymjunkies.com.au | www.gymjunkies.com.au

SKILLCYCLE BICYCLE SAFETY AND SKILLS 2 DAY COURSE

Sat 16 May to Sun 17 May

Learn bicycle handling skills in a relaxed, supportive environment. Bring your bike (any kind, as long as it's working) and accredited coaches will have you doing fun cycling activities that incorporates bike safety and bike skills. Also bring helmet and water.

Dutton Cycles Racing & Recreation Club, Kelli 3204 5600 (leave message at shop)
club@duttoncycles.com.au | www.duttoncycles.com.au

STAND UP PADDLE BOARDING

Sun 1 Mar, Mon 23 Mar, Mon 20 Apr, Sun 17 May

Stand Up Paddle (SUP) originated in Hawaii in the 1940's and is now very popular on our beaches. Wide stable boards allow beginners to pick up the basics quickly. You will be stand up paddling in no time!

Briskites, Jason 3269 1034 (10am to 5pm weekdays)
info@briskites.com.au | www.briskites.com.au

TARGET SHOOTING - HANDGUNS

Wed 8 Apr

Challenge yourself with air pistol and .22 handgun target shooting. This Olympic sport is fun, safe activity for all ages. All equipment provided including safety gear.

Murrumba Pistol Club, Fran 3889 0770 (after 5.30pm)
info@murrumbapistolclub.org

TENNIS 10-WEEK COURSE

Weekly from Mon 2 Mar, Weekly from Tues 3 Mar, Weekly from Thu 5 Mar

Learn how to play tennis in a fun and social environment. The lessons are structured to get you to the stage to join a social tennis program. Great way to keep fit and healthy whilst having a chat and some fun! Racquets and balls provided. On course completion, celebratory strawberries and cream will be served!

Ferny Hills Tennis Centre, Brunella 3851 0444 (1 to 8pm Mon to Fri, 7am to 6pm Sat)
proshop@fernycastletennis.com.au | www.fernycastletennis.com.au

TRY KITESURFING!

Every Sat and Sun 1 Mar to 31 May

You don't need to be strong, just come with a "can do" attitude. You will learn how to safely fly a kitesurfing kite and propel yourself through the water by controlling the power of the kite.

Surf Connect Wind & Kitesurfing School, Padi 3137 0500 or 0411 789 888 (AH)
school@surfconnect.com | www.surfconnect.com

WOMEN BENDING RODS - INTRO TO FISHING Sat 28 Mar, Sun 12 Apr

Learn the basics of shore based fishing with competent, courteous instructors. The session will cover bait catching with yabby pump and bait net, knot tying, rod casting and more. Equipment provided and you will receive an info bag with fishing magazine and more.

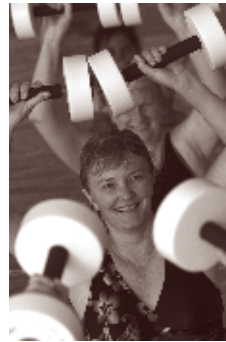
2 Bent Rods, Samantha 0403 713 820 (anytime)
sam@2bentrods.com.au | www.2bentrods.com.au

WOWW - WOMEN ON WANDERING WHEELS - 2 DAY BICYCLE TOUR

Sat 16 to Sun 17 May

Want to cycle away from your daily life? Join us for a weekend cycling tour in the country and experience the joys of bicycle touring on this supported trip. Turn the first pedal stroke on a journey of discovery as you cycle from Beaudesert to Rathdowney and back to Beaudesert. BYO bike, helmet, water bottle and repair kit. Accommodation and food included.

Cycle Away, Jan 0427 431 481 (BH)
leapforward@conxx.com | www.cycleaway.com



ADVENTURE Women

timetable









| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|--|---|---|---------------------------------------|---|------------|
| SUN 1 MAR <i>Bunch cycle ride</i> | Dutton Cycles, Shop 9, Norwinn Centre, 15 Discovery Drive, North Lakes | 8 to 9.30am | FREE | Dutton Cycles Racing & Recreation Club Kelli 3204 5600 (leave message at shop) club@duttoncycles.com.au www.duttoncycles.com.au | |
| <i>Recreation ride</i> | Dutton Cycles, Shop 9, Norwinn Centre, 15 Discovery Drive, North Lakes | 7 to 8am | FREE | Dutton Cycles Racing & Recreation Club Kelli 3204 5600 (leave message at shop) club@duttoncycles.com.au www.duttoncycles.com.au | |
| <i>Stand up paddle boarding</i> | Suttons Beach, Redcliffe | 9 to 11.30am | \$25 | BrisKites Jason 3269 1034 (10am to 5pm weekdays) info@briskites.com.au www.briskites.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| MON 2 MAR <i>5 Moves</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 5 to 6pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| <i>Tennis 10-week course (Every Mon from 2 Mar to 4 May)</i> | Ferny Hills Tennis Centre, 144 Samford Road, Ferny Hills | 6 to 7pm | \$100 | Ferny Hills Tennis Centre Brunella 3851 0444 (1 to 8pm Mon to Fri, 7am to 6pm Sat) proshop@fernycastletennis.com.au www.fernycastletennis.com.au | |
| TUE 3 MAR <i>Pilates</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 7 to 8pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| | | | | | |
| <i>Tennis 10-week course (Every Tue from 3 Mar to 5 May)</i> | Ferny Hills Tennis Centre, 144 Samford Road, Ferny Hills | 6.30 to 7.30pm | \$100 | Ferny Hills Tennis Centre Brunella 3851 0444 (1 to 8pm Mon to Fri, 7am to 6pm Sat) proshop@fernycastletennis.com.au www.fernycastletennis.com.au | |
| WED 4 MAR <i>Ocean jet skiing</i> | The Wharf, Parkyn Parade, Mooloolaba | 10am to 12noon (may vary) | \$50 per rider (2 riders per jet ski) | Ocean Jet Ski Hire Debbie 0422 178 444 (BH) oceanjetski@aa.net.au www.oceanjetski.com.au | ♿ |
| THU 5 MAR <i>Tennis 10-week course (Every Thu from 5 Mar to 7 May)</i> | Ferny Hills Tennis Centre, 144 Samford Road, Ferny Hills | 7 to 8pm | \$100 | Ferny Hills Tennis Centre Brunella 3851 0444 (1 to 8pm Mon to Fri, 7am to 6pm Sat) proshop@fernycastletennis.com.au www.fernycastletennis.com.au | |
| FRI 6 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 7 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| SUN 8 MAR <i>Enjoying mountain biking</i> | James Drysdale Reserve, Cnr Jinker Track and Bunya Road, Bunya. UBD 117 Q11. Meet at top carpark. | 7 to 9am - Intermediate 9 to 11am - Beginner | \$30 | Roadie Rob's Bicycle School Rob 0416 247 883 (7am to 7pm daily) info@roadierobsbicycleschool.com www.roadierobsbicycleschool.com | |
| <i>Rowing come and try</i> | Pine Rivers Rowing Club, 328 Dayboro Road, Kurwongbah | 7.30 to 9.30am | \$20 | Pine Rivers Rowing Club Stacey 0403 324 995 (9am to 8pm daily) prcc@me.com www.pineriversrowing.org.au | |

| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|--|--|---------------------|------|---|---|
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| MON 9 MAR <i>S Moves</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 5 to 6pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| TUE 10 MAR <i>Pilates</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 7 to 8pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| WED 11 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 14 MAR <i>Learn to surf</i> | Meet and greet' Woorim Beach foreshore, North Street, Bribie Island | 9 to 10.30am | \$40 | Sunshine Coast Surfschools Dave or Leighton 0404 073 873 (BH) info@scsurfschools.com.au www.scsurfschools.com.au | |
| <i>Morning tea wetlands explore</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 8 to 11am | \$60 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 15 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| MON 16 MAR <i>S Moves</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 5 to 6pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| TUE 17 MAR <i>Pilates</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 7 to 8pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| FRI 20 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 21 MAR <i>Bribie Island sail onboard tall ship "South Passage"</i> | Bongaree Jetty, Bribie Island | 10am to 4pm | \$60 | Sail Training Association of Queensland Chris or Lisa 3893 3777 (BH) admin@southpassage.org.au www.southpassage.org.au | |
| <i>Discover scuba diving - pool activity</i> | Redcliffe Training Centre, 272 Anzac Ave, Kippa Ring | 9am to 12noon | \$85 | Redcliffe Dive Centre Yvonne 3283 1177 (BH) admin@redcliffedive.com.au www.redcliffedive.com.au | |
| <i>Learn to sail a small boat</i> | Qld Cruising Yacht Club, Sinbad Street, Shorncliffe | 10am to 3pm | \$15 | Qld Cruising Yacht Club Amanda 3269 4588 (9am to 5pm weekdays) info@qyc.com.au www.qyc.com.au |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 22 MAR <i>Pocket bike racing - riding</i> | Lakeside Raceway, Lakeside Drive, Kurwongbah | 12.30 to 4pm | \$20 | North Brisbane Pocket Bike Club Kim 0405 031 383 (after 4pm weekdays, anytime weekends) nbpocketbikeclub@gmail.com www.nbpbc.bravehost.com |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |

| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|---|--|---------------------------|---------------------------------------|--|------------|
| MON 23 MAR <i>S Moves</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 5 to 6pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| <i>Stand up paddle boarding</i> | Suttons Beach, Redcliffe | 9 to 11.30am | \$25 | BrisKites Jason 3269 1034 (10am to 5pm weekdays) info@briskites.com.au www.briskites.com.au | |
| TUE 24 MAR <i>Pilates</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 7 to 8pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| WED 25 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| FRI 27 MAR <i>Boxing and self defence</i> | Hills District PCYC, 135a Olearia St West, Arana Hills | 9.30 to 10.30am | \$10 | Sweat Depot Erin 0416 121 615 (9am to 5pm) erin@sweatdiva.com.au www.sweatdepot.com.au | |
| SAT 28 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| <i>Women Bending Rods - Intro to fishing</i> | Dohles Rocks Road, Dohles Rocks. Meet at boat ramp. | 9am to 12noon | \$45 | 2 Bent Rods Samantha 0403 713 820 (anytime) sam@2bentrods.com.au www.2bentrods.com.au | |
| SUN 29 MAR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| MON 30 MAR <i>S Moves</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 5 to 6pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| TUE 31 MAR <i>Pilates</i> | Shop 4 & 5, 25 Benabrow Avenue, Bellara | 7 to 8pm | \$5 | Gym Junkies Kelly 3408 6000 (daily) kelly@gymjunkies.com.au www.gymjunkies.com.au | |
| WED 1 APR <i>Ocean jet skiing</i> | The Wharf, Parkyn Parade, Mooloolaba | 10am to 12noon (may vary) | \$50 per rider (2 riders per jet ski) | Ocean Jet Ski Hire Debbie 0422 178 444 (BH) oceanjetski@aa.net.au www.oceanjetski.com.au | ♿ |
| SAT 4 APR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| SUN 5 APR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| WED 8 APR <i>Target shooting - handguns</i> | Murrumba Pistol Club, Old Gympie Road, Caboolture | 6 to 9pm | \$40 | Murrumba Pistol Club Fran 3889 0770 (after 5.30pm) info@murrumbapistolclub.org | ♿ |
| SAT 11 APR <i>Come 'n' try canoeing</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 9am to 12noon | \$55 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au | ♿ |

| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|---|--|---|------|--|------------|
| <i>Half day climbing and abseiling adventure</i> | Meet at the Adventure Café, 412 Steve Irwin Way, Beerburrum | 9am to 1pm | \$99 | Pinnacle Sports AJ 3368 3335 (10am to 6pm weekdays) info@pinnaclesports.com.au www.pinnaclesports.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| SUN 12 APR <i>Enjoying mountain biking</i> | James Drysdale Reserve, Cnr Jinker Track and Bunya Road, Bunya. UBD 117 Q11. Meet at top carpark. | 7 to 9am - Intermediate 9 to 11am - Beginner | \$30 | Roadie Rob's Bicycle School Rob 0416 247 883 (7am to 7pm daily) info@roadierobsbicycleschool.com www.roadierobsbicycleschool.com | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| <i>Women Bending Rods - Intro to fishing</i> | Dohles Rocks Road, Dohles Rocks. Meet at boat ramp. | 9am to 12noon | \$45 | 2 Bent Rods Samantha 0403 713 820 (anytime) sam@2bentrods.com.au www.2bentrods.com.au | |
| SAT 18 APR <i>Discover scuba diving - pool activity</i> | Redcliffe Training Centre, 272 Anzac Ave, Kippa Ring | 9am to 12noon | \$85 | Redcliffe Dive Centre Yvonne 3283 1177 (BH) admin@redcliffedive.com.au www.redcliffedive.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| SUN 19 APR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Pocket bike racing - riding</i> | Lakeside Raceway, Lakeside Drive, Kurwongbah | 12.30 to 4pm | \$20 | North Brisbane Pocket Bike Club Kim 0405 031 383 (after 4pm weekdays, anytime weekends) nbpocketbikeclub@gmail.com www.nbpbpc.bravehost.com | ♿ |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| MON 20 APR <i>Stand up paddle boarding</i> | Suttons Beach, Redcliffe | 9 to 11.30am | \$25 | Briskites Jason 3269 1034 (10am to 5pm weekdays) info@briskites.com.au www.briskites.com.au | |
| TUE 21 APR <i>Roller derby for beginners</i> | Albany Creek Skateaway, upstairs Centro Albany, 700 Albany Creek Road, Albany Creek | 7.30 to 9.30pm | \$10 | Northern Brisbane Rollers Meaniegrll freshmeat@northernbrisbanerollers.com.au www.northernbrisbanerollers.com.au | |
| WED 22 APR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| FRI 24 APR <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 25 APR <i>Outrigger canoe paddling</i> | Crockatt Park, Woody Point, off Oxley Avenue opposite Lilla Street roundabout. | 9 to 11am | \$5 | Redcliffe Outrigger Canoe Club Peter 0419 786 205 peter.marsh@moretonbay.qld.gov.au www.redcliffeoutrigger.com | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com | ♿ |
| SUN 26 APR <i>Kayak adventure</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 9am to 12noon | \$60 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au | ♿ |

| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|--|---|---|--|---|---|
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SAT 2 MAY <i>Come 'n' try canoeing</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 2 to 5pm | \$55 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au |  |
| <i>Intro to 4wd bush driving</i> | Lacey's Creek Road, Dayboro | 8.30am to 3pm | \$80 | Brisbane Hinterland 4WD Tours Marian or Bob 1300 787 062 (BH) enquiries@brishint4wd.com.au www.brishint4wd.com.au | |
| <i>Rowing come and try</i> | Pine Rivers Rowing Club, 328 Dayboro Road, Kurwongbah | 7.30 to 9.30am | \$20 | Pine Rivers Rowing Club Stacey 0403 324 995 (9am to 8pm daily) prcc@me.com www.pineriversrowing.org.au |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 3 MAY <i>Intro to target archery</i> | Samford Parklands Sport Precinct, Mt Samson Road, Samford | 9 to 11am | \$25 | Grange Company of Target Archers Inc Brian or Alison 3289 6497 (anytime) hagaman@techsus.com.au www.grangearchery.org |  |
| <i>Pocket bike racing - riding</i> | Lakeside Raceway, Lakeside Drive, Kurwongbah | 12.30 to 4pm | \$20 | North Brisbane Pocket Bike Club Kim 0405 031 383 (after 4pm weekdays, anytime weekends) nbpocketbikeclub@gmail.com www.npbpc.bravehost.com |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| WED 6 MAY <i>Ocean jet skiing</i> | The Wharf, Parkyn Parade, Mooloolaba | 10am to 12noon (may vary) | \$50 per rider (2 riders per jet ski) | Ocean Jet Ski Hire Debbie 0422 178 444 (BH) oceanjetski@aa.net.au www.oceanjetski.com.au |  |
| FRI 8 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 9 MAY <i>Dragon boat paddling</i> | Tabobilla Park, Klinger Road, Kippa Ring. Turn into PCYC entrance, turn right and follow the canal to the Dragon Boats. | 10am to 12noon | \$20 | Red Dragons Redcliffe Dragon Boat Club Kim Moyle 0418 156 662 dragons_red@yahoo.com.au www.redcliffdragonboatclub.com | |
| <i>Half day climbing and abseiling adventure</i> | Meet at the Adventure Café, 412 Steve Irwin Way, Beerburrum | 9am to 1pm | \$99 | Pinnacle Sports AJ 3368 3335 (10am to 6pm weekdays) info@pinnaclesports.com.au www.pinnaclesports.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 10 MAY <i>Enjoying mountain biking</i> | James Drysdale Reserve, Cnr Jinker Track and Bunya Road, Bunya. UBD 117 Q11. Meet at top carpark. | 7 to 9am - Intermediate 9 to 11am - Beginner | \$30 | Roadie Rob's Bicycle School Rob 0416 247 883 (7am to 7pm daily) info@roadierobsbicycleschool.com www.roadierobsbicycleschool.com | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| WED 13 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Foggs Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 16 MAY <i>Boxing and self defence</i> | Hills District PCYC, 135a Olearia St West, Arana Hills | 10.30 to 11.30am | \$10 | Sweat Depot Erin 0416 121 615 (9am to 5pm) erin@sweatdiva.com.au www.sweatdepot.com.au | |

| ACTIVITY | VENUE | TIME | COST | CONTACT | WHEELCHAIR |
|---|--|-----------------------|-------|---|---|
| <i>Discover scuba diving - pool activity</i> | Redcliffe Training Centre, 272 Anzac Ave, Kippa Ring | 9am to 12noon | \$85 | Redcliffe Dive Centre Yvonne 3283 1177 (BH) admin@redcliffedive.com.au www.redcliffedive.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SAT 16 MAY TO SUN 17 MAY <i>WOWW - Women on Wandering Wheels - 2 day bicycle tour</i> | Start from St Mary's Church, Bromelton Street, Beaudesert | Sat 7.30am to Sun 1pm | \$270 | Cycle Away Jan 0427 431 481 (BH) leapforward@conxx.com www.cycleaway.com | |
| <i>SkillCycle bicycle safety and skills 2 day course</i> | To be advised at time of booking | 9am to 1pm both days | \$60 | Dutton Cycles Racing & Recreation Club Kelli 3204 5600 (leave message at shop) club@duttoncycles.com.au www.duttoncycles.com.au | |
| SUN 17 MAY <i>Stand up paddle boarding</i> | Suttons Beach, Redcliffe | 9 to 11.30am | \$25 | BrisKites Jason 3269 1034 (10am to 5pm weekdays) info@briskites.com.au www.briskites.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| FRI 22 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 23 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
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| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 24 MAY <i>Morning tea wetlands explore</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 8 to 11am | \$60 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au |  |
| <i>Roller derby for beginners</i> | Albany Creek Skateaway, upstairs Centro Albany, 700 Albany Creek Road, Albany Creek | 12 to 2pm | \$10 | Northern Brisbane Rollers Meaniegrll freshmeat@northernbrisbanerollers.com.au www.northernbrisbanerollers.com.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| WED 27 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| SAT 30 MAY <i>Kayak adventure</i> | Deep Water Bend Reserve boat ramp, Wyampa Road, Bald Hills UBD Map 100, Ref A15. Look for canoe trailer. | 2 to 5pm | \$60 | Qld Canoeing Danielle 3349 1933 (BH) qc.recreation@canoe.org.au www.canoe.org.au |  |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |
| SUN 31 MAY <i>One hour trail ride</i> | Welcome Horse Riding School, 136 Fogg's Road, Mt Samson | 9 to 11am | \$45 | Welcome Horse Riding School Sylvia 3289 4644 (daily) riding@welcome.net.au www.welcome.net.au | |
| <i>Try kitesurfing!</i> | Sandgate Beach, Flinders Parade, between 7th & 8th Avenue, Sandgate | Between 9am and 6pm | \$95 | Surf Connect Wind & Kitesurfing School Padi 3137 0500 or 0411 789 888 (AH) school@surfconnect.com www.surfconnect.com |  |

ADVENTURE Women