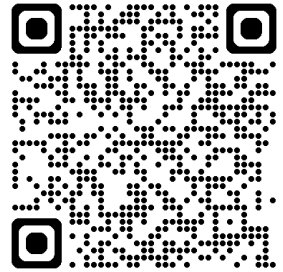




CALLING ALL MUMS
SOMETIMES, THE BEST THING YOU CAN DO FOR
EVERYONE ELSE IS TAKE A LITTLE TIME FOR YOURSELF



**SCAN QR CODE TO
REGISTER**



'HER TIME' BASKETBALL

★ **THURS 6TH, 13TH & 20TH AUG** ★

10.00AM - 11.00AM SPORTS DOME \$5 PER SESSION

≡ COME 'N' TRY SESSIONS ≡

**ARE YOU A MUM LOOKING TO GET BACK INTO SPORT?
LOOKING FOR A FUN, SOCIAL AND ACTIVE WAY TO SPEND AN HOUR AFTER THE
SCHOOL DROP OFF?**

**WHY NOT GRAB A FEW FRIENDS, LEAVE THE STRESS....AND THE KIDS BEHIND &
JOIN US FOR 'HER TIME' WOMEN'S SOCIAL BASKETBALL!**

**NO BASKETBALL EXPERIENCE NECESSARY - JUST A LOVE OF HAVING FUN AND
MAKING FRIENDS - ALL AGED WOMEN & FITNESS LEVELS WELCOME.**

**THIS IS YOUR TIME TO SWITCH OFF, GET ACTIVE, HAVE A LAUGH & RECONNECT
WITH YOURSELF.**

**IF WE RECEIVE ENOUGH INTEREST AND SUPPORT, WE WOULD LOVE TO MAKE 'HER
TIME' AN ONGOING TERM PROGRAM - SO HELP SPREAD THE WORD!!!**