

Mums Having Fun!

Redlands United Football Club in association with the 'Mums Having Fun!' pilot program is looking to provide an opportunity for mums to put a little extra fun into their lives and improve life balance, energy, and outlook.



- Want to restore some balance or achieve a better perspective on life?
- Like the idea of escaping for a while from the 'ho-hum' of everyday chores?
- Exhausted from devoting all of your time to your family, or perhaps you'd just like some of that old energy back?



- Does the idea of spending a little 'me time' each week sound attractive?
- Want a 'me time' activity that's simple, lots of fun, and provides variety?
- Like the sound of spending an hour, while the kids are at school, enjoying yourself in the fresh-air and sunshine doing a range of healthy activities while socialising with other mums?



If you're a mum and you've answered yes to any of these questions, we'd like to hear from you.



Mums Having Fun! - Pilot Program

Right now you have an opportunity to participate in fun activities for 1 hour per week over 3 weeks.

Cost of participation is just \$10 per person per session, with class sizes ranging between fifteen and twenty people. Sessions will be held at Redlands United Football Club.

The sessions follow a sports coaching format and cover a range of activities – including, but not limited to, soccer, netball, volleyball and other team sports (all with modified rules and no equipment required), circuit fitness training, stretching, relaxation and basic meditation techniques, as well as a range of modified children's games such as tiggly, red-rover, skipping, and potential for singing and dancing.

A separate session will cater for Mums with babies or pre-schoolers, where the play includes the pre-schoolers. All other sessions are just for Mums. Most sessions will be held out-doors in the fresh-air and sunshine. Details of how to dress and what to bring will be provided in advance.



Register your interest

- Ask questions about the Pilot Program
- Nominate your preferred day / time
- Nominate activities to be included

Contact

Neil Meldrum

Mo: **0466 111 323**

Em: Neil@connectid.com.au



Getting Started

Sessions are scheduled to start the week commencing 13th July.

*Feedback gathered from participants during the 3-week pilot sessions will help shape the format for the on-going **Mums Having Fun!** program.*