



Come & try Outrigging & surf the waves

Whether you're looking to increase your general fitness
or get out on the water & enjoy the many adventures it has to offer...
Come & experience the fun & adventure of Outriggers!

Never paddled?

- No problem we'll teach you!
- No experience required – In fact nothing is required just come along!
- All ages and abilities catered for, so it's safe, easy & fun.
- All welcome – social & competition.

Adventure?

- Do you want to enjoy yourself while getting fit?
- A great way to meet people, so bring your sense of humour
- Team Building & Corporate Sessions.

Northcliffe Outrigger Canoe Club

**Phone Anna 0419 249 360
or Ryle 0416 856 000**



**Novice Training Session Times August – December 2011
Commencing Tuesday 23rd August**

| Day | Arrive at | On the Water | Approx Finish |
|----------|-----------|--------------|---------------|
| Tuesday | 4.50am | 5.00am | 6.30am |
| Thursday | 5.15pm | 5.30pm | 7.00pm |
| Saturday | 6.45am | 7.00am | 9.00am |

Email enquiries welcome: anna.langton@sca.com
On Saturday morning after training many of the crew head to the Sunset
Cafe, Marina Mirage for a coffee / breakfast

Check out our website www.northcliffeoutriggers.com.au