



READING LADIES RUGBY EXPERIENCE

- Ready to take up a new exciting challenge?
- Ready to get fit?
- Ready to meet a great group of like minded ladies?
- **THEN YOU ARE READY TO PLAY RUGBY!**

Reading Rugby Club is welcoming all ladies (18+) to experience playing this exhilarating game in a unique 3 hour taster session that will give you a flavour of the growing sport of Women's rugby. Whether you are an experienced player or have never even considered playing rugby until this very moment, we want to introduce you to your local ladies team.

The taster session will include:

- Brief on the day's session and warm up with qualified RFU coaches
- 4 x 20 minute interval drills covering core fitness rugby skills
- A game of touch rugby
- Debrief and cool down

...**And after the session** you are invited to join the ladies to watch the 1st XV men's opening game of the season free of charge.

TIME: 9.00am-12.00pm

DATE: Saturday 4th September

WHERE: Reading Rugby Club, Holme Park , Sonning Lane, Reading

COST: FREE

CLOTHING: Normal outdoor gym wear and trainers or rugby boots

For further information contact Luan on 07733 322092

Or email bambi_12_2000@yahoo.co.uk