

# PRARG PRESENTS

## Pole Dancing with Lisa Koppman

*Weewanna Ledge*



**Saturday 5<sup>th</sup> April, 2025**



**Queensland  
Government**

**Thank you to Women in Sport grant for this  
event**

**POLE CLINIC:** Come and enjoy a day of pole exercises developed to work on rhythm, tempo, impulsion and direction with likeminded equestrians. **Riders from all disciplines and abilities will learn something from their session.**

*4/5 riders per group*

EA/PRARG EA members \$20 per rider – vouchers can be used

PRARG members who are non-EA \$30 per rider

**All riders** need to help either set up day before with getting jumps out of the container on Friday afternoon or early Saturday morning and put away Saturday afternoon.

Please state preferred time when nominating, as well as help options.

- 8.00am to 9.00am
- 9.00am to 10.00am
- 10.15am to 11.15am – can include some small jumps

Lunch and afternoon times if required.

- 12.45pm to 1.45pm can include some small jumps
- 1.45pm to 2.45pm

**Enquiries: Kylie Munn – 0412 247 469**

**Closing Date: Monday 31<sup>st</sup> March (4pm) entries via [www.nominate.com.au](http://www.nominate.com.au)**