

# PRARG PRESENTS

## Pole Dancing with Lisa Koppman

*Weewanna Ledge*



**Saturday 23<sup>rd</sup> April, 2022**



**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 \$25 per rider – max of \$20 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.

- 9.00am to 10.00am
- 10.00am to 11.00am
- 11.15am to 12.15pm

Lunch and afternoon times if required.

- 1.45pm to 2.45pm
- 2.45pm to 3.45pm

**Enquiries:** *Liz Perkins* – 0408 785 628 / [craigandelizabeth@bigpond.com](mailto:craigandelizabeth@bigpond.com)  
**Closing Date:** Friday 14<sup>th</sup> April (4pm) entries via [www.nominate.com.au](http://www.nominate.com.au)