

The Rowing Challenge and Health Expo is THIS Sunday!

This weekend we have more than 30 vendors coming to support our school and community. Fingers crossed for good weather! To cater for all our visitors, we need volunteers. An hour or so goes a long way...

Organisations that are going to be involved in the day currently are:

Pioneer Fitness	Woonona Surf Club
Vo2 Vitality	Fire Phoenix Martial Arts
EnVie Woonona	Mallee Designs
Step Into Life	Veggie Patch
Fernwood	Air Born Cheerleading
First Aid Kits/Kids Cold Packs	Flo
Pony Rides	Body-in-tuition
Pulse Fitness	Gym Sports
Body Shop at Home	Indulge In You
Herbalife Distributor	Illawarra Area Health (Dental)
Illawarra Salt Therapy	Freedom Foods
Remedial Massage	Northern Stars
Sarahs Espresso Mobile	Manic Organic
Berry Healthy Icecream	Diabetes Australia
Bai Med / Bai Med Bumps	Little Branches Big Trees
Poetry of the Soul	Lighthouse Hypnotherapy and Kinesiology

A draft schedule and inclusions include:

Schedule for the day

Time	Place	Activity	Duration	Organisation
9.30am	Grassed Area	BOSU Class	30min	EnVie Woonona
10am	School Hall	Rowing Competition	2 hours	Pioneer Fitness
10am	Grassed Area	Gymnastics for Primary Children	2 hours	Gym Sport
12.30pm	Grassed Area	Martial Arts Demonstration	30min	Fire Phoenix
1pm	Grassed Area	Martial Arts Class	30min	Fire Phoenix
2pm	Kindy Rooms	Yoga Class	30min	Little Branches Big Trees
Specific activities and sites running randomly all day				
Box Kick Exercises			Step into Life	
TRX Suspension systems			Vo2 Vitality	
Trigger Point Therapy			Vo2 Vitality	
Pony rides			Pony Club	
Surf boat and IRB			Woonona Surf Club	
Martial arts skills			Fire Phoenix	
Sale of bush tucker, tube stock, organic gardening know how			Mallee Designs	
Salad tasting			Veggie Patch	
Sale of Body Shop product			Body Shop at home	
Seated Massage			Angela Marrott	
Muscle contraction ultrasound			Bai Med Physio	

Kinesiology & Balances	Poetry of the Soul
Kinesiology & Balances	Lighthouse Hypnotherapy and Kinesiology
and more...	

BUT, we need rowing registrations submitted to ensure that the day runs smoothly. The events are:

Men's and Women's:

- ☐ Fly and Die – 500 metres
- ☐ Furthest distance in 4minutes
- ☐ 2 km – for those that can actually row...
- ☐ 4 x 500 metre relay – just for fun!

It would be great if registrations could be done online (payment can be made on the day) so that Ian from Pioneer Fitness can finalise the events. If you haven't got a team but would like to row, have trouble online or just need help, send me an email.

We will also be selling **Kids Cold Packs** (for sprains etc) and **First Aid Kits** as part of the school fundraiser. Make sure you take a look at our stall!

Please contact Shay Macpherson on shay.macpherson@bluescopesteel.com or 0488 379 001 if you are able to help in any way for any part of the day. Let's make it a wonderful community event.