

# Active Women's WEEKEND

Friday 12 May - Monday 15 May, 2017

This Mother's Day weekend be inspired with a variety of events promoting women's health, fitness and wellbeing.

## Panel Discussions

Saturday 13 May, 8.30am - Ketch and Cutter Room, Hamilton Island Yacht Club - FREE

'Activating Change' Led by Catriona Dixon and featuring:

**Emma Isaacs** – Founder and CEO, Business Chicks | **Lola Berry** – Nutritionist, Author and Yoga Instructor  
**Emma Carney** – World Champion Triathlete | **Lisa Darmanin** – Australian Olympic Sailor



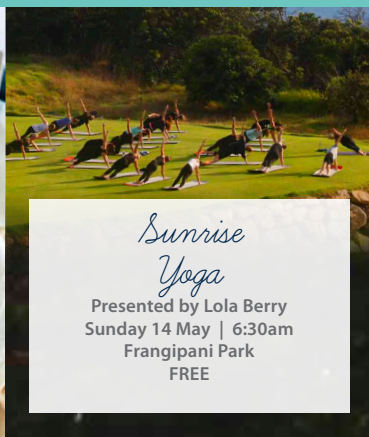
### Open Water Swim Clinic

With Triathlete Emma Carney  
Saturday 13 May | 11:30am  
Sunday 14 May | 1:00pm  
Catseye Beach - FREE



### Cooking with Champions

With Lola Berry and Leanne Cordero  
Saturday 13 May | 6:00pm  
Robert Oatley College  
numbers limited, bookings essential  
at Tour Desk - FREE



### Sunrise Yoga

Presented by Lola Berry  
Sunday 14 May | 6:30am  
Frangipani Park  
FREE



### Mother's Day Classic

4.2km or 6.7km walk or run  
Sunday 14 May | 8:00am  
Bougainvillea Marquee  
Adult - \$25, Child \$15

## Mother's Day Afternoon Tea

A special celebration for Mums | Sunday 14 May | 2:00pm - 4:00pm | Bommie Restaurant | \$30 per person

Book via the Yacht Club on 07 4948 9433 or email [hiycreception@hamiltonisland.com.au](mailto:hiycreception@hamiltonisland.com.au)

*Plus More!*

For the full weekend itinerary and more information, see reverse.

# ACTIVE WOMEN'S WEEKEND FULL PROGRAM

Friday 12 May			
5.30pm	Sunset Yoga	Keel Deck, Yacht Club	Book at Sports Club 07 4946 8590 FREE
6.00pm	Friday Night Footy AFLW 9's	Palm Valley Oval	Open to all women 12yrs+ FREE
6.30-8.00pm	Twilight Zone for Kids	Resort Centre	After dark fun activities for kids FREE
7.30pm	Movie Night	Yacht Club Auditorium	'Bad Moms' & Bubbly. Cash bar available
Saturday 13 May			
6.45am	Yoga with Lola Berry	Keel Deck, Yacht Club	Book at Sports Club 07 4946 8590 FREE
7.00am	parkrun	Shady Creek Lawns	5k walk or run FREE
7.45-8.00am	Recovery Techniques	Shady Creek Lawns	Stop the soreness FREE
7.45-8.30am	Light Breakfast with the Panel	Flag Deck, Yacht Club	Fuel the mind, body and soul FREE
8.30am	Panel Discussion	Ketch & Cutter Room, Yacht Club	'Activating Change' Emma Isaacs – CEO of Business Chicks Lola Berry – Nutritionist, Author and Yoga Instructor Emma Carney – World Champion Triathlete Lisa Darmanin – Australian Olympic Sailor
10.00am	Pilates	Keel Deck, Yacht Club	Book at Sports Club 07 4946 8590 FREE
10.30am	Sailing Class	Catseye Beach	Learn from Lisa Darmanin Book at Beach Sports \$25 per person
11.30am	Open Water Swim Clinic	Catseye Beach	Hosted by Emma Carney. Meet at Beach Sports. FREE
1.30pm	Junior Sailing Clinic	Catseye Beach	Learn from Lisa Darmanin, Book at Beach Sports, \$25 per person
3.30/4.00/4.30pm	Stand-Up Paddleboard Yoga	Main Pool	Book at Tour Desk, 07 4946 8305 FREE
4.30-5.30pm	Running Technique	Hamilton Island Sports Club	Hosted by Emma Carney FREE
6.00pm	Cooking with Champions	Robert Oatley College	Lola Berry and Leanne Cordero lead you through some healthy cooking alongside sporting greats Emma Carney and Lisa Darmanin. Book at Tour Desk - limited numbers 07 4946 8305 FREE
6.30pm	Moonlight Movie	Shady Creek Lawns	'Bridget Jones's Baby' FREE
Sunday 14 May – Mother's Day			
6.30am	Sunrise Yoga	Frangipani Park	Hosted by Lola Berry FREE
7.30-10.00am	Family Fun Zone	Bougainvillea Marquee	Bounce into Mother's Day FREE
7.45am	Zumba	Bougainvillea Marquee	Get ready to walk FREE
8.00am	Mother's Day Classic	Bougainvillea Marquee	4.2km and 6.7km options. Register on the day from 7.00am (entry fees apply)
8.45am	Light Refreshments and Nutrition Tips	Bougainvillea Marquee	Hosted by Leanne Cordero FREE
10.00am	Sailing Class	Catseye Beach	Learn from Lisa Darmanin Book at Beach Sports, \$25 per person
11.30am	Strength Training for Women	Endeavour Room	Hosted by Claire Waterson and Emma Carney FREE
1.00pm	Open Water Swim Clinic	Catseye Beach	Hosted by Emma Carney. Meet at Beach Sports. FREE
2.00-4.00pm	Mother's Day Afternoon Tea	Bommie Restaurant	Book at Yacht Club - 07 4948 9433 \$30 per person
3.30/4.00/4.30pm	Stand-Up Paddleboard Yoga	Main Pool	Book at Tour Desk - 07 4946 8305 FREE
3.30-5.00pm	Kids Fun Zone	Bougainvillea Marquee	Various kids activities FREE
5.30pm	Meditation and Restorative Yoga	One Tree Hill Grass Space	Sunset and a stretch FREE
6.30pm	Stargazing	One Tree Hill	Hosted by Jaimee Powditch FREE
Monday 15 May			
6.15am-8.45am	Dent Dash and Dent Yoga	Hamilton Island Golf Club	Light walk or run with yoga to finish. Note - FREE for in-house guests with breakfast in package or \$25A, \$10C, \$60F. Book at Tour Desk 07 4946 8305

