



# COME ON GIRLS GIVE IT A TRY!

**FUN PACKED  
WAY TO LEARN  
RUGBY**

**ONLY  
€10/ £10**  
FREE T-SHIRT  
INCLUDED!

**#GIVE IT  
A TRY**



# 8 WEEK PROGRAMME IN CLUBS, ONE TRAINING SESSION PER WEEK



- Girls, 10 -14 years of age
- Make new friends
- Learn new skills
- Stay fit and active
- Free training t-shirt
- Total cost €10/£10 per girl

## MULTIPLE VENUES ACROSS IRELAND

Check out [www.irishrugby.ie/giveitatriy](http://www.irishrugby.ie/giveitatriy) for details  
Contact [womensrugby@irfu.ie](mailto:womensrugby@irfu.ie) for more information

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