



COLA Design + Print



DOLPHIN WOMENS RUGBY

BEGINNERS TRAINING FOR U18'S



- Get fit, make friends and join the most progressive womens rugby club in Cork City
- We are running an introductory programme for girls aged 16-18 to encourage them to join the world of womens rugby
- Trained by experts in a non-contact, safe but fun environment
- No previous experience necessary!!

22nd February 2023

Wednesdays
6:30-7:30
Musgrave Park

For more information, contact
pro@dolphinrfc.com



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