

Raw Boot Camp



First Sunday of every month. Dedicated ladies' groups and trainer. Instruction on Raw obstacles. Gyms are encouraged to bring groups along with their PT who will train under the guidance of the head trainer. Fruit and refreshments / Club atmosphere.

Rawfit Boot Camp	18+	90 min session
Raw Teens	13-17yrs	90 min session
Mini Challengers	8-12yrs	60 min session

Youth Wave



Young challengers out there can hit our dedicated youth wave. Participants must be accompanied by supervising adults (4 kids per 1 adult). Adults must also purchase a supervisors' ticket to accompany children.

Ages 5-10 only.



Central Coast Doyalson

March & September
Check website for exact
dates

55 obstacles
7km course

**Youth wave 2km, 15
obstacles, ages 5-10**

www.rawchallenge.com.au

Private Bookings

What we cater for:

- | | |
|-------------------|-----------------|
| Bucks Parties | Business Groups |
| Hens Parties | Sporting Teams |
| Birthday Parties | Photo Shoots |
| Christmas Parties | Media Days |

Approximately 3.5 km, 40 obstacles, a lot of mud, water, fun and laughs with your family, friends or work mates. Instructed around the obstacle course by qualified Raw Challenge instructors.

Our Course Develops:

- Team-building Skills
- Team Spirit
- Mateship
- Communication Skills
- Confidence/ Self-esteem



School Bookings

Raw Challenge provides an Outdoor Educational Activity Program for students.
(Full risk assessment)

Qualified instructors who help build:

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|---------------|----------------------|
| Team-building | Comraderie |
| Confidence | Communication Skills |
| Self-esteem | Sense of Achievement |

Course Duration – over 2 hours



\$25 per student includes:

- | | |
|-------------------|-----------|
| BBQ facilities | Shelters |
| Medical Insurance | Amenities |
| Ample Parking | |

Teachers run free of charge with students

As Raw Challenge mainly focuses on team building skills, students will not be racing. However, if time permits, students can run a mini competitive course.