

# Football, Futsal, Fitness and Fun!

Are you over 30 and dream  
of *Bending It Like Beckham*?



Join the Eastern Suburbs senior women's league  
at their Football Gala Day

**Sunday 12th February 3pm – 7pm**

Maroubra Bowling Club cnr Malabar Road & Mons Ave Maroubra

**Come for an afternoon of social football, new friendships & healthy fun**

**Try a new sport and improve your fitness**

**Refresh your skills before the start of the winter competition**

**Join a social group of women who love football**

**Just come down and kick a ball around on a summer's afternoon**

You don't have to belong to a club or bring a team.

Just show up with

\$10pp • Running shoes • Shin pads • T-shirt • Water • Family supporters!

*The Bowling Club welcomes children and has superb facilities for pre- and post-game socialising.*

To register your interest for the Gala Day  
please contact: [ruthiemcc@bigpond.com](mailto:ruthiemcc@bigpond.com)

## **Who are we?**

The Eastern Suburbs Football Association (ESFA) O35W is an established league playing winter 11-a-side competition. We're all passionate about our football, competitive & social.

Find out more about playing in the O35 league  
(even if you're under 35 but over 30), by contacting [ruthiemcc@bigpond.com](mailto:ruthiemcc@bigpond.com).