








2nd Term (10 weeks)

29th April - 21st June 2019

FUN and FITNESS SQUAD (AGES 7 – 17)



	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
MONDAY AM	5:30am - 6:30am	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
MONDAY	4:00pm - 5:00pm	Dayman Park, Urangan	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
TUESDAY	4:00pm - 5:00pm	Hervey Bay Aquatic Centre	 SWIM and CORE Technique Session	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
WEDNESDAY	4:00pm - 5:00pm	St James School Campus, Urraween	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
THURSDAY AM	5:30am - 6:30am	Sports + Precinct, Nikenbah	  BIKE RUN	Duathlon training.	Bike, helmet, run shoes, water bottle
THURSDAY	6:00pm - 7:00pm	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle

Commitment of 2 sessions per week.

Can chose from any of the below session - \$20 per week (\$10 per session)

PLEASE NOTE: Public Holidays - No sessions - Monday 6th May and Friday 26th May (Show Holiday)

2nd Term (10 weeks)

29th April - 21st June 2019



DEVELOPMENT SQUAD (AGES 7 – 17)

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
MONDAY AM	5:30am - 6:30am	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
MONDAY	4:00pm - 5:00pm	Dayman Park, Urangan	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
TUESDAY	4:00pm - 5:00pm	Hervey Bay Aquatic Centre	 SWIM and CORE Technique Session	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
WEDNESDAY	4:00pm - 5:00pm	St James School Campus, Urraween	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
THURSDAY AM	5:30am - 6:30am	Sports + Precinct, Nikenbah	  BIKE RUN	Duathlon training.	Bike, helmet, run shoes, water bottle
THURSDAY	6:00pm - 7:00pm	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle

Commitment of 4 sessions per week.

Can chose from any of the below session. Cost \$9 per session (\$36 per week)

PLEASE NOTE: Public Holidays - No sessions - Monday 6th May and Friday 26th May (Show Holiday)

2nd Term (10 weeks)

29th April - 21st June 2019



PERFORMANCE SQUAD (AGES 10 – 17)

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
MONDAY AM	5:30am - 6:30am	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
MONDAY	4:00pm - 5:00pm	Dayman Park, Urangan	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
TUESDAY	4:00pm - 5:00pm	Hervey Bay Aquatic Centre	 SWIM and CORE Technique Session	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
WEDNESDAY	4:00pm - 5:00pm	St James School Campus, Urraween	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
THURSDAY AM	5:00am - 6:30am	Sports + Precinct, Nickenbah	  BIKE RUN	Bike aerobic 30 mins and Duathlon training.	Bike, helmet, run shoes, water bottle
THURSDAY	6:00pm - 7:00pm	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
FRIDAY	5:30am - 7:00am	Location to be advised	Performance only squad	Session will change weekly performance squad will be notified during the week.	TBC week of the session.

Commitment of all sessions 7 - 8 sessions per week (age dependent)








Cost \$50 per week

PLEASE NOTE: Public Holidays - No sessions - Monday 6th May and Friday 26th May (Show Holiday)



ADULT COACHED SESSIONS (10 weeks)

29th April - 21st June 2019

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
MONDAY AM	5:30am - 6:30am	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
MONDAY	4:00pm - 5:00pm	Dayman Park, Urangan	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
WEDNESDAY MIDDAY	12:00pm - 1:00pm	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
WEDNESDAY	4:00pm - 5:00pm	St James School Campus, Urraween	 RUN	Run technique drills and specific track intervals.	Running gear, water bottle
THURSDAY AM	5:30am - 6:30am	Sports + Precinct, Nikenbah	  BIKE RUN	Duathlon training.	Bike, helmet, run shoes, water bottle
THURSDAY	6:00pm - 7:00pm	Hervey Bay Aquatic Centre	 SWIM	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle

Term lock in price Bmee Members: 2 or more sessions \$10 per session
 4 or more sessions \$9 per session
 more than 4 sessions \$8 per session

Training Peaks Program participants \$8

PLEASE NOTE: Public Holidays - No sessions - Monday 6th May and Friday 26th May (Show Holiday)