

3rd Term (10 weeks)

15th July - 20th September



## DEVELOPMENT SQUAD (AGES 7 – 17)

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
<b>MONDAY AM</b>	5:30am - 6:30am	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>MONDAY</b>	4:00pm - 5:00pm	Dayman Park, Urangan	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>TUESDAY</b>	4:00pm - 5:00pm	Hervey Bay Aquatic Centre	 <b>SWIM and CORE Technique Session</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>WEDNESDAY</b>	5:15pm - 6:15pm	All Abilities Park Scarness	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>THURSDAY AM</b>	5:00am - 6:30am	Sports + Precinct, Nikenbah	  <b>BIKE RUN</b>	Duathlon training.	Bike, helmet, run shoes, water bottle
<b>THURSDAY</b>	5:45pm - 6:45pm	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle

Can chose from any of the above sessions.

1 - 3 sessions locked in per week cost \$10 per session

4 -5 sessions locked in per week cost \$9 per session

**3rd Term (10 weeks)**

15th July - 20th September



**PERFORMANCE SQUAD (AGES 10 – 17)**

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
<b>MONDAY AM</b>	<b>5:30am - 6:30am</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>MONDAY</b>	<b>4:00pm - 5:00pm</b>	Dayman Park, Urangan	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>TUESDAY</b>	<b>4:00pm - 5:00pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM and CORE Technique Session</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>WEDNESDAY</b>	<b>5:15pm - 6:15pm</b>	All Abilities Park Scarness	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>THURSDAY AM</b>	<b>5:00am - 6:30am</b>	Sports + Precinct Nikenbah	  <b>BIKE RUN</b>	Bike aerobic 30 mins and Duathlon training.	Bike, helmet, run shoes, water bottle
<b>THURSDAY</b>	<b>5:45pm - 6:45pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>FRIDAY</b>	<b>5:00am - 5:45am</b> <b>6:00am - 7:00am</b>	Location to be advised Location to be advised	  <b>RUN PILATES</b> Performance only squad	Run 5:00am - 5:45am Pilates 6:00am - 7.00am	TBC week of the session.

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

Cost \$50 per week



# ADULT COACHED SESSIONS (10 weeks)

15th July - 20th September 2019

	TIME	LOCATION	SESSION	WHAT'S INVOLVED	EQUIPMENT REQUIRED
<b>MONDAY AM</b>	<b>5:30am - 6:30am</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>MONDAY PM</b>	<b>4:00pm - 5:00pm</b>	Dayman Park, Urangan	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>TUESDAY</b>	<b>4:00pm - 5:00pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>WEDNESDAY AM</b>	<b>9:00am - 10:00am</b>	Scarness Stage	 <b>PILATES</b>	Designed to improve physical and core strength, flexibility & posture and enhance mental awareness.	Matt, towel, water bottle
<b>WEDNESDAY</b>	<b>12:00pm - 1:00pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>WEDNESDAY PM</b>	<b>5:15pm - 6:15pm</b>	All Abilities Park Scarness	 <b>RUN</b>	Run technique drills and specific track intervals.	Running gear, water bottle
<b>THURSDAY AM</b>	<b>5:00am - 6:30am</b>	Sports + Precinct, Nikenbah	  <b>BIKE RUN</b>	Duathlon training.	Bike, helmet, run shoes, water bottle
<b>THURSDAY PM</b>	<b>5:45pm - 6:45pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle
<b>FRIDAY AM</b>	<b>6:00am - 7:00am</b>	Ocean Tree Yoga Studio	 <b>PILATES</b>	Designed to improve physical and core strength, flexibility & posture and enhance mental awareness.	Matt, towel, water bottle
<b>FRIDAY NOON</b>	<b>12:00pm - 1:00pm</b>	Hervey Bay Aquatic Centre	 <b>SWIM</b>	Pool session with a focus on building swim endurance and strength.	Swimmers, goggles, towel, water bottle

**Cost Member Lock in:** 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. Non member Casual session is \$15 per class.**