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2010 Dry land Training Program

Thank you for your interest in the 2010 SnowSports ACT Dry land Training Program. The program is open to anybody wishing to get fit for the snow season. SnowSports ACT will be running several sessions a week, which are led by qualified fitness professionals, The program will run till the beginning of July. If there is enough interest, some sessions will run through the snow season.

Session 1 – Outdoor Fitness

Mondays - 4.00pm to 5.00pm
Venue: La Trobe Park, Deakin
Starting: Monday February 22

Session 2 – Rollerblading

Tuesdays – 4.30pm to 5.45pm.
Venue: Meet at the Boat Hire car park, Barrine Drive Acton, off Commonwealth Avenue.
Starting: Tuesday March 2
Please bring your own rollerblades and safety equipment including a helmet.

Session 3 – Gymnastics and Flexibility

Sundays – 9.30am – 11.30am
Venue: Canberra City Gymnastics, Corner of Chandler and College Streets, Bruce.
Starting: Sunday March 14 - Sunday June 27. Please note there will be no session held on Sunday April 4, Sunday April 25 and Sunday May 23

Fees

SnowSports ACT will be subsidising the program so there is not a major cost to participants. The program costs \$50 and you can attend as many sessions as you like.

If you would like to join the program, please complete an online registration form at www.snowsportsact.com.au. Follow the links from the home page to register.

Payment for the program is due before your first session by cheque or direct deposit. Cheques can be mailed SnowSports PO Box 376 Canberra ACT 2601. The Direct Deposit details are:

Account Name: SnowSports ACT
Account Number: 254608585
BSB: 012 950

Please contact our office if you require further information on the program.

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