

BLOCK ONE - Classes beginning in August 2009

SEMESTER 2 2009 Activity	Instructor	Day	Start Time	Venue	Start Date	Duration	Cost
Sports Coaching							
TENNIS							
Tennis Coaching - Beginner	Andrew Allen (GP)	Wednesday	6.30PM	Syn Tennis Crts	19-Aug	8 Weeks	\$88.00
Tennis Coaching - Inter / Advan	Andrew Allen (GP)	Wednesday	7.30PM	Syn Tennis Crts	19-Aug	8 Weeks	\$95.00
GOLF							
Golf Coaching	Kevin Quigley	Monday	6.00PM	La Trobe Golf Range	24-Aug	6 Weeks	\$110.00
SQUASH							
Women's Squash Coaching (1hr)	Kath Ryan	Tuesday	1.00PM	Squash Courts	11-Aug *	5 Weeks	\$38.00
Women's Squash Coaching (1hr)	Kath Ryan	Tuesday	1.00PM	Squash Courts	22-Sep	5 Weeks	\$38.00

* no class 18/8

Health & Well Being							
PILATES							
Pilates - Floor Beginner	Belinda Ash	Monday	5.00PM	Pool Lounge	10-Aug	5 Weeks	\$49.00
Pilates - Floor Intermediate	Belinda Ash	Monday	6.00PM	Pool Lounge	10-Aug	5 Weeks	\$49.00
Pilates - Combo Intermediate	Rebecca Ogilvie	Wednesday	5.00PM	Pool Lounge	12-Aug	5 Weeks	\$49.00
Pilates - Combo Beginner	Belinda Ash	Wednesday	6.00PM	Pool Lounge	12-Aug	5 Weeks	\$49.00
YOGA							
Yoga - Ashtanga	Adrian Woodhouse	Monday	5.00PM	Reception Studio	10-Aug	5 Weeks	\$49.00
Yoga - Ashtanga	Adrian Woodhouse	Thursday	6.00PM	Reception Studio	13-Aug	5 Weeks	\$49.00
Yoga - Hatha Intermediate	Lana Krasovskis	Tuesday	5.00PM	Pool Lounge	11-Aug	5 Weeks	\$49.00
Yoga - Hatha Beginner	Lana Krasovskis	Tuesday	6.00PM	Pool Lounge	11-Aug	5 Weeks	\$49.00

Dance							
Dance - Intermediate Modern Jazz	Sophie Lyon	Monday	6.00PM	Studio	10-Aug	5 Weeks	\$55.00
Dance - Belly - Beg/Inter	Zabelle	Tuesday	12.00PM	Studio	11-Aug	5 Weeks	\$55.00
Dance - Funk & Hip Hop	Jessica Pan	Wednesday	4.00PM	Studio	12-Aug	5 Weeks	\$55.00
Dance - Belly - Beg/Inter	Zabelle	Wednesday	6.00PM	Studio	12-Aug	5 Weeks	\$55.00
Dance - Reggae	Jessica Pan	Wednesday	7.00PM	Studio	12-Aug	5 Weeks	\$55.00
Dance - Street Latin	Alan Gomez	Thursday	12.00PM	Studio	13-Aug	5 Weeks	\$55.00
Dance - Latin American	Julian Tsotsos	Thursday	6.00PM	Studio	13-Aug	5 Weeks	\$55.00
Dance - Street Latin	Julian Tsotsos	Thursday	7.00PM	Studio	13-Aug	5 Weeks	\$55.00

Group Fitness							
Boxing Fitness	TBC	Monday	12.00PM	Studio	10-Aug	5 Weeks	\$52.00
Boxing Fitness	Grace Chiodo	Tuesday	6.00PM	Studio	11-Aug	5 Weeks	\$52.00
Dynamic Martial Arts for Fitness & Flexibility	Eshan Arya	Tuesday	6.00PM	Squash Court	11-Aug	5 Weeks	\$62.00
Sport & Fitness for Women	Sports Centre instructors	Wednesday	1.00PM	Sports Centre	12-Aug	5 Weeks	\$52.00

BLOCK TWO - Beginning September 2009

(there will be no classes held September 28 - October 2)

SEMESTER 2 2009 Activity	Instructor	Day	Start Time	Venue	Start Date	Duration	Cost
Health & Well Being							
PILATES							
Pilates - Floor Beginner	Belinda Ash	Monday	5.00PM	Pool Lounge	14-Sep	5 Weeks	\$49.00
Pilates - Floor Intermediate	Belinda Ash	Monday	6.00PM	Pool Lounge	14-Sep	5 Weeks	\$49.00
Pilates - Combo Intermediate	Rebecca Ogilvie	Wednesday	5.00PM	Pool Lounge	16-Sep	5Weeks	\$49.00
Pilates - Combo Beginner	Belinda Ash	Wednesday	6.00PM	Pool Lounge	16-Sep	5 Weeks	\$49.00
YOGA							
Yoga - Ashtanga	TBC	Monday	5.00PM	Reception Studio	14-Sep	5 Weeks	\$49.00
Yoga - Hatha Intermediate	Lana Krasovskis	Tuesday	5.00PM	Pool Lounge	15-Sep	5 Weeks	\$49.00
Yoga - Hatha Beginner	Lana Krasovskis	Tuesday	6.00PM	Pool Lounge	15-Sep	5 Weeks	\$49.00
Yoga - Ashtanga	TBC	Thursday	6.00PM	Reception Studio	17-Sep	5 Weeks	\$49.00

Dance							
Dance - Intermediate Modern Jazz	Sophie Lyon	Monday	6.00PM	Studio	14-Sep	5 Weeks	\$55.00
Dance - Belly	Zabelle	Tuesday	12.00PM	Studio	15-Sep	5 Weeks	\$55.00
Dance - Reggae	Jessica Pan	Wednesday	4.00PM	Studio	16-Sep	5 Weeks	\$55.00
Dance - New Jazz beginner	Jessica Pan	Wednesday	6.00PM	Studio	16-Sep	5 Weeks	\$55.00
Dance - Mixed up Modern	Sophie Lyon	Wednesday	7.00PM	Studio	16-Sep	5 Weeks	\$55.00
Dance - Street Latin	Alan Gomez	Thursday	12.00PM	Studio	17-Sep	5 Weeks	\$55.00
Dance - Latin American	Julian Tsotsos	Thursday	6.00PM	Studio	17-Sep	5 Weeks	\$55.00
Dance - Modern Ballroom	Julian Tsotsos	Thursday	7.00PM	Studio	17-Sep	5 Weeks	\$55.00
Group Fitness							
Boxing Fitness	TBC	Monday	12.00PM	Studio	14-Sep	5 Weeks	\$52.00
Extreme Fitness Challenge	Grace Chiodo	Tuesday	6.00PM	Studio	15-Sep	5 Weeks	\$52.00
Dynamic Martial Arts for Fitness & Flexibility	Eshan Arya	Tuesday	6.00PM	Squash Court	15-Sep	5 Weeks	\$62.00

Events / Competitions							
La Trobe Golden Slipper Triathlon	Sports Centre/ETOWC	Sunday	7.00AM	Sports Centre	25-Oct	3 Hours	\$25.00
La Trobe First Timers Triathlon	Sports Centre/ETOWC	Sunday	7.00AM	Sports Centre	25-Oct	3 Hours	\$20.00
RING ROAD RELAY							
	Sports Centre	Thursday	12.00PM	Simpson Lawn	15-Oct	2 hours	\$16 per team
INDOOR SOCCER COMPETITION							
	14 teams	Mon/Wed/Frid	5-7/8 PM	Fieldhouse	17-Aug	7-10 Weeks	\$45 bond & \$45p/w
CHALLENGE COMPETITIONS							
Table Tennis	N/A	N/A		La Trobe Sports Centre	17-Aug	5-8 Weeks	\$2 bat hire if required

AUSTRALIAN UNIVERSITY CHAMPIONSHIPS AUC's							
Rowing	Aust University Sport	Tues-Thurs		Canberra, ACT	29 Sep - 3 Oct	5 days	
Distance Running	Aust University Sport	Sunday		Melbourne, Victoria	11-Oct	1 day	
20/20 Cricket	Aust University Sport	Mon - Fri		Perth, Western Aust.	7-11 Dec	5 days	

*** all AUC & AUG registrations must be submitted to La Trobe Sports. For more information or to register your interest contact Rebecca: r.ogilvie@latrobe.edu.au**

Aquatics							
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Tuesday	4.30PM	Swimming Pool	4-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Tuesday	5.00PM	Swimming Pool	4-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Stroke Correction	Sports Centre Instructor	Tuesday	5.30PM	Swimming Pool	4-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Thursday	4.30PM	Swimming Pool	6-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Thursday	5.00PM	Swimming Pool	6-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Stroke Correction	Sports Centre Instructor	Thursday	5.30PM	Swimming Pool	6-Aug	5 Weeks	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Tuesday	4.30PM	Swimming Pool	15-Sep	5 Weeks *	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Tuesday	5.00PM	Swimming Pool	15-Sep	5 Weeks *	\$65.00
Learn to Swim for Adults - Stroke Correction	Sports Centre Instructor	Tuesday	5.30PM	Swimming Pool	15-Sep	5 Weeks *	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Thursday	4.30PM	Swimming Pool	17-Sep	5 Weeks **	\$65.00
Learn to Swim for Adults - Beginner	Sports Centre Instructor	Thursday	5.00PM	Swimming Pool	17-Sep	5 Weeks **	\$65.00
Learn to Swim for Adults - Stroke Correction	Sports Centre Instructor	Thursday	5.30PM	Swimming Pool	17-Sep	5 Weeks **	\$65.00

All Courses must be paid for in full prior to entering the class. No registrations will be taken after week one of the 5 and 6 week courses.
No registrations will be taken after week two of courses longer than 6 weeks in duration.

* (No Class 29/9)

** (No Class 1/10)