



PRESEASON

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HOBSONS BAY 2017 PRESEASON PROGRAM SCHEDULE



Newport

DATE	SESSION	VENUE	TIME	SESSION DESCRIPTION
Tue 14 Feb	Preseason REV UP	Newport Community Hub	7.00 – 8.30pm	Enrolment and Orientation
Tue 21 Feb	Airway Control	Newport Community Hub	7.00 – 8.30pm	Asthma Foundation Victoria Session
Tue 28 Feb	Breaking Down Barriers	Newport Community Hub	7.00 – 8.30pm	Overcoming Physical Activity Barriers
Tue 7 Mar	Fuelling the Body	Newport Community Hub	7.00 – 8.30pm	Physical Exercise and Nutrition
Tue 14 Mar	Energy In vs Energy Out	Newport Community Hub	7.00 – 8.30pm	Physical Exercise and Weight Management
Tue 21 Mar	Pumping the Blood	Newport Community Hub	7.00 – 8.30pm	Physical Exercise and Cardiovascular Health
Tue 28 Mar	Building the Chassis	Newport Community Hub	7.00 – 8.30pm	Physical Exercise and Bone Health
Tue 4 Apr	Training the Brain	Newport Community Hub	7.00 – 8.30pm	Physical Exercise and Mental Health
Tue 11 Apr	What's Next?	Newport Community Hub	7.00 – 8.30pm	The SOTW 2017 Premiership Season
TBC	Reward for Effort	TBC	7.00 – 8.30pm	TBC

Laverton

DATE	SESSION	VENUE	TIME	SESSION DESCRIPTION
Thu 16 Feb	Preseason REV UP	Laverton Community Hub	7.00 – 8.30pm	Enrolment and Orientation
Thu 23 Feb	Airway Control	Laverton Community Hub	7.00 – 8.30pm	Asthma Foundation Victoria Session
Thu 2 Mar	Breaking Down Barriers	Laverton Community Hub	7.00 – 8.30pm	Overcoming Physical Activity Barriers
Thu 9 Mar	Fuelling the Body	Laverton Community Hub	7.00 – 8.30pm	Physical Exercise and Nutrition
Thu 16 Mar	Energy In vs Energy Out	Laverton Community Hub	7.00 – 8.30pm	Physical Exercise and Weight Management
Thu 23 Mar	Pumping the Blood	Laverton Community Hub	7.00 – 8.30pm	Physical Exercise and Cardiovascular Health
Thu 30 Mar	Building the Chassis	Laverton Community Hub	7.00 – 8.30pm	Physical Exercise and Bone Health
Thu 6 Apr	Training the Brain	Laverton Community Hub	7.00 – 8.30pm	Physical Exercise and Mental Health
Thu 13 Apr	What's Next?	Laverton Community Hub	7.00 – 8.30pm	The SOTW 2017 Premiership Season
TBC	Reward for Effort	TBC	7.00 – 8.30pm	TBC

Newport Community Hub

13 Mason Street, Newport 3015

Laverton Community Hub

95-105 Railway Avenue, Laverton 3028

For more information call (03) 9932 1000 or contact commdev@hobsonsbay.vic.gov.au
Check sonsofthewest.org.au for any schedule changes and updates.
Please note, some changes may occur to venues and dates to accommodate any unforeseen circumstances or if additional learning opportunities are identified.

