



# PRESEASON

2 0 1 7

## MELTON 2017 PRESEASON PROGRAM SCHEDULE



### Taylors Hill

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

### Melton West

DATE	SESSION	VENUE	TIME	SESSION DESCRIPTION
Thu 16 Feb	Preseason REV UP	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Enrolment and Orientation
Thu 23 Feb	Breaking Down Barriers	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Overcoming Physical Activity Barriers
Thu 2 Mar	Airway Control	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Asthma Foundation Victoria Session
Thu 9 Mar	Fuelling the Body	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Physical Exercise and Nutrition
Thu 16 Mar	Energy In vs Energy Out	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Physical Exercise and Weight Management
Thu 23 Mar	Pumping the Blood	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Physical Exercise and Cardiovascular Health
Thu 30 Mar	Building the Chassis	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Physical Exercise and Bone Health
Thu 6 Apr	Training the Brain	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	Physical Exercise and Mental Health
Thu 13 Apr	What's Next?	Arnold's Creek Community Centre	4.30 – 6.00pm or 7.00 – 8.30pm	The SOTW 2017 Premiership Season
TBC	Reward for Effort	TBC	4.30 – 6.00pm or 7.00 – 8.30pm	TBC

**Taylors Hill Community Centre**  
121 Calder Park Drive, Taylors Hill, 3037

**Arnold's Creek Community Centre**  
19 Claret Ash Boulevard, Melton West 3337

For more information call (03) 9747 7200 or contact [leannec@melton.vic.gov.au](mailto:leannec@melton.vic.gov.au)  
Check [sonsofthewest.org.au](http://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.

