

# TERM 1 PROGRAM OUTLINE

8TH FEB - 5TH APR 2022

FOR FREE

## SESSIONS DETAIL PLAN

## YOUTH PROGRAM

The program is open for young people aged **12-18** and will run from **4pm to 5pm**  
(can arrive from 3:30pm) starting on **Tuesday 8th February 2022**.

### THE PROGRAM WILL INCLUDE:



Free BBQ on  
the 19th July



Beach volleyball  
coach tips & games



Boxing  
& Soccer

### SESSION 1 TUESDAY



**8TH FEBRUARY** BOXING

### SESSION 2 TUESDAY



**15TH FEBRUARY** BOXING

### SESSION 3 TUESDAY



**22ND FEBRUARY** BOXING

### SESSION 4 TUESDAY



**1ST MARCH** BOXING

### SESSION 5 TUESDAY



**8TH MARCH** BEACH  
VOLLEYBALL

### SESSION 6 TUESDAY



**15TH MARCH** FUNCTIONAL  
FITNESS

### SESSION 7 TUESDAY



**22ND MARCH** BASKETBALL

### SESSION 8 TUESDAY



**29TH MARCH** SOCCER  
(WESTERN UNITED)

### SESSION 9 TUESDAY



**5TH APRIL** BEACH  
VOLLEYBALL



61 Dohertys Rd,  
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