

Are you interested in improving your fitness, confidence, health and self-esteem?

Then the Dromana College Aerobics team is for you. The aim of aerobics is to teach our youth that exercise, fitness, team spirit, self-pride and fun should be a way of life. We train once a week, before school for an hour, with a focus on developing choreography, strength and flexibility. Students are required to attend regular training sessions in order to improve their fitness levels and learn the choreography. The team will have the opportunity to compete in the School Aerobics competition held in May.

Access to Programs

	Timetabled Class	Cost
Year 7 - 12	Wednesday Before School (Choreography) 7:15am - 8:15am	\$100 per t
Year 7 - 12	Thursday After School (Aerobic Fitness) 3:15pm ? 4:30pm	Dromana Colleg

Aerobics Program Fees

The cost of participating in the Aerobics Program is \$100 per term and includes:

- Each member of the team will receive a team shirt and hire of a team leotard for competition.
- Access to specialist coaches and coaching.
- Entry fee into 2 x state competitions (held on weekends in Geelong in the month of May and June).
- Breakfast Club 8.15-8.45am on Wednesday morning.
- If the team, duo or trio is successful at State Finals, additional costs will occur as Nationals are held on the Gold Coast.

For further information, please contact Jess Lukies 09121911@dsc.vic.edu.au or 5987-2805