

SESSION DATES 2018/2019

Session 4, 2018 (9 weeks) October 15 to December 15

Session 1, 2019 (10 weeks) February 4 to April 13

Session 2, 2019 (10 weeks) April 29 to July 6

Session 3, 2019 (10 weeks) July 22 to September 28

Session 4, 2019 (10 weeks) October 14 to December 21

CLASS NOTES

- ❖ Please arrive at your first class at least 15 minutes early to allow for necessary paper work.
- ❖ Check with your doctor before beginning any new aerobic activity.
- ❖ Advise your instructor of any current medication or physical problems.
- ❖ Use of hand held and ankle weights in the Vertifirm™ segment is optional.
- ❖ Wear comfortable, cool clothing such as leotards, tights, shorts, tracksuit pants, tee-shirt etc.
- ❖ Appropriate footwear is very important. Shoes designed for indoor aerobics, tennis, netball or squash are best because they are designed for foot movement in all directions. Joggers or other athletic shoes are OK for beginners.
- ❖ Bring a thick towel or a floor mat for the floorwork segment.
- ❖ Bring water or a container for water to drink during class.
- ❖ If you need to do a make-up class at a different venue, consider calling that instructor to ensure the class is running as scheduled, particularly on public holidays. Some instructors conduct classes on these days and others do not.
- ❖ A number of our venues are used as polling stations during federal, state and local council elections. Before voting days, check with your instructor in case there are any class changes.



*Don't wait for someone
to take you dancing.
Take yourself to Jacki's!*



HEAD OFFICE: P.O. BOX 355, FIVE DOCK NSW 2046
PHONE: 0405 524 999 (7 days)
E: aerobicdancing@optusnet.com.au
W: www.aerobicdancing.com.au

SCHEDULE OF CLASSES Session 4, 2018

October 15 to December 15

AEROBIC DANCING was created by Jacki Sorensen in America in 1969 and has been in Australia since 1981. Based on dance instead of repetitive exercise, it's never boring, always fun, and you'll be motivated to keep coming. Whether you're new to exercise or already fit, good at dancing or a two-left-footer, a teenager or a grandparent, you'll trim, tone and burn fat while strengthening your heart, lungs and core and working every muscle in your body – safely.

We present four sessions per year, most running 10 weeks to coincide with school terms. The music and choreography change every term. Students may attend any Jacki's class, mixing instructors and venues to suit their own schedule.

PLEASE NOTE that sometimes changes occur after the printing of the schedule, so check with Head Office or the website before attending your first class.

REGISTRATION FEES FOR THE 9-WEEK SESSION

		Concession Rate (Pensioner/Student)
(9 classes)	1 x p.w. = \$162.00	1 x p.w. = \$126.00
(18 classes)	2 x p.w. = \$216.00	2 x p.w. = \$171.00
(27 classes)	3 x p.w. = \$256.50	3 x p.w. = \$202.50
(36 classes)	4 x p.w. = \$270.00	4 x p.w. = \$216.00
	Single class \$20.00	

INTRODUCTORY OFFER
(New students only)
4 CLASSES FOR \$60.00

INNER WEST

Henry Lawson Community Hall

Abbotsford Public School
350 Great North Road (opposite Glen Ormond Avenue)

ABBOTSFORD 2046

Parking available on the school grounds.

Monday	6.00 pm	Diana	Ph: 0405 524 999
Thursday*	6.00 pm	"	"
Saturday	9.00 am	"	"

* No class on Thursday December 6. Replacement class will run on Monday December 17.

St Alban's Church Hall

The Ridley Centre, 175 Great North Road

FIVE DOCK 2046

Tuesday	6.00 pm	Diana	Ph: 0405 524 999
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Leichhardt Public School

Cnr Marion and Norton Streets

LEICHHARDT 2040

Parking area in McDonald Street off Balmain Road, or pedestrian access via Marion Street gate.

Monday*	6.30 pm	Sandra	Ph: 0412 701 201
Thursday	6.30 pm		

* No class on Monday October 15 (week 1)

INNER NORTH-WEST

Ryde Public School Hall

59 Argyle Avenue (near Blaxland Road)

RYDE 2112

Parking available at the hall.

Saturday	8.30 am	Sandra	Ph: 0412 701 201
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HILLS DISTRICT

Baulkham Hills North Public School Hall

2A Girralong Avenue (near Henry Street)

BAULKHAM HILLS 2153

Limited parking available on school grounds; plenty on streets.

Tuesday	6.45 pm	Janet	Ph: 9674 2212
Thursday	6.45 pm	"	"

NORTH SHORE

St Ives Community Centre

Village Green Parade

ST IVES 2075

Use shopping centre car parks off Village Green Parade, observing various time limits.

Monday	9.30 am	Janet	Ph: 9674 2212
Wednesday	9.30 am	"	"
Friday	9.30 am	"	"

LOWER NORTH SHORE

Castle Cove Public School (Main Hall, at rear)

Kendall Road (south of Holly Street)

CASTLE COVE 2069

Park in, and walk in from, either street.

Tuesday	6.30 pm	Stephanie	Ph: 0413 050 979
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St Luke's Anglican Church Hall

Heydon Street (off Ourimbah Road)

MOSMAN 2088

Wednesday	6.30 pm	Stephanie	Ph: 0413 050 979
Saturday	8.15 am	"	"

St Thomas Catholic Church Hall

Cnr High Street and Horsley Avenue

NORTH WILLOUGHBY 2068

Thursday	6.30 pm	Stephanie	Ph: 0413 050 979
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St Stephen's Anglican Church Hall

211 Mowbray Road (Cnr Sydney Street)

WILLOUGHBY 2068

Parking available on church grounds from either street. Mowbray Road entrance is only for eastbound traffic.

Monday	10.30 am	Stephanie	Ph: 0413 050 979
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This timetable was accurate at the time of printing. Please check "Timetable Changes" at bottom of our website's Home Page for any last-minute changes.