

SUTHERLAND SHIRE LEISURE CENTRES TEAM TRAINING PROGRAM



PREPARE YOUR TEAM FOR EVERY SEASON.

RAIN, HAIL OR SHINE, WE'VE GOT THE ULTIMATE
360° CROSS TRAINING PROGRAM PACKED AND
READY TO GO.

Sutherland Leisure Centres
Sutherland Leisure Centre 8536 9707
Engadine Leisure Centre 9548 4200
Caringbah Leisure Centre 9525 6777
www.sslc.com.au

Sutherland Shire
COUNCIL



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Training program at a glance

Sutherland Shire Leisure Centres have designed the ultimate training program available to sporting clubs across the Sutherland Shire and St. George area. The training program is open to all male and female groups ages 14 up to seniors. Please note , some classes/ programs are not available for under 16's.

The training program provides alternatives to regular training regimes with options for 'one off' training sessions where participants join in over 150 group fitness classes per week or choose customised exclusive group training, allowing for specialised requirements from players or coaches to be implemented into a set program.

Shaped by our very own head exercise physiologist, the training program combines 360 degree cross training sessions. Participants will be exposed to a variety of facilities and programs including aquatics, boxing, group fitness classes and our famous military style training program 'Basic Training' testing the body, mind and stamina over four weeks.

Benefits players and coaches can expect

Either options can be used as pre season conditioning and/or team training and bonding sessions. Sporting teams can combat wet weather training restrictions and boost motivation through a varied training stimulus. Players can also use the program options as active recovery sessions and/or as rehabilitation.

By training at Sutherland Shire Leisure Centres we can provide advertising support for your club. We can create awareness of key dates like registration dates within the centres and also provide prizes towards your fundraising/trivia nights. For further details see page 3.

Training Program

OPTION ONE - Participants join in on existing group fitness classes

This option is ideal for 'one off' training sessions, when grounds are wet or simply when regular training sessions require some more variety.

Classes include:

AEROBICS

- BODY ATTACK
- BODY BALANCE
- BODY JAM
- BODY STEP
- FATBUSTER
- FITBALL
- HI/LO
- POWER HOUR
- PUMP
- TOTAL BURN

BOXING

- BOXING
- CARDIO BOX

AQUA

- COMBO
- DEEP WATER
- DEEP ATHLETIC
- INTERVAL
- POWER

CIRCUIT

- ALL PACE
- AQUA REHAB
- LIGHT PACE CIRCUIT

SPIN

- RPM:
- FREESTYLE:

OPTION TWO - Customised (exclusive) group training

This option allows for specialised requirements from players or coaches to be implemented into a set program. Once the program is designed players may elect to use this program to train on a regular basis or on a one off basis. Sessions to choose from: as above plus Basic Training* and Squad Swimming. Squad Swimming includes drills to improve technique, skill and fitness.

*Basic Training is the Leisure Centres famous military style training program testing the body, mind and stamina over four weeks.

Note: some classes have limited scheduling.

Advertising and promotional support

Whether the occurrence involves Sponsorship, fundraising, grants, registration days presentations, team building, end of season get-togethers, anniversaries or carnivals Sutherland Leisure Centres will offer your club promotional support to help keep your club going and *in the know* with the community, FREE of charge.

Each year your club will be exposed to over 1.2 million people who visit our Leisure Centres. Our memberships total over 10,000 people who are located across the Sutherland Shire and St. George area.

Support includes:

- Club listing on Sutherland Shire Leisure Centres *Affiliated Clubs* page
 - Display your clubs website and supporting material/information
- Gift voucher to Sutherland Shire Leisure Centres
 - To go towards club fundraising/trivia nights
- Advertising space on Leisure Centres Club News notice board
 - Display information on your clubs registration days, special events, club newsletters etc.

Note: A minimum of five training sessions is required in order to obtain the above advertising and promotional support.

Testimonials from pilot program

“Great variety, would not suggest any changes. All sessions gave variety and relevant to our training”

- Gymea 16's, Mark Smith

“From a coach's point of view, we could not have done a better pre season. We were able to get everyone together and work as a team away from the soccer pitch.

I would recommend this range of courses to any coach or club wanting to look at something different to improve the team fitness and create team bonding.”

- St. George Metro, Chris Roche

Fees and Charges

Option 1 - Participants join in on existing group fitness classes

- \$12.40 per adult
- \$9.40 per student

Minimum of 10 participants is compulsory to secure price.

Option 2 - Customised (exclusive) group training

- \$150 per session for up to 18 participants.

Extra fee incurred for additional team members and for programs requiring more than one Instructor.

Booking and contact information

Bookings are essential, to secure your team into our program simply contact the booking enquiries number listed below.

Availabilities for customised (exclusive) group training bookings as follows:
Other timeslots are subject to availability.

Engadine and Sutherland Leisure Centres:

Tuesday - Friday

6.30PM - 9.00PM

Saturday - Sunday

10AM - 4.00PM

Caringbah Leisure Centre (Aquatic facilities only):

Monday - Thursday

6.30pm - 8.00PM

Booking Enquiries

Phone: 8536 9721

Email: suthleisure@ssc.com.au

Web: www.sslc.com.au