

SPA Timetable Term 3 2024

Tuesday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	SPA Blue	Tues 15th July - Fri 19th Sept	Fitness Centre	All	Athlete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays
3.30pm - 5.00pm	Basketball	Tues 15th July - Tues 16th Sept	Gym2 / Fitness Centre	Y9 and Y10	Mike Robinson Director of Basketball	This programme runs fortnightly Term 1 - Term 4 on Tuesdays No session on Tues 26th Aug due to Winter Tournament Week

Wednesday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
TBC	Volleyball	Week 5 Term 2 (TBC)	TBC	Y9 and Y10	Alan Kerr TIC of Volleyball	This programme runs from week 5 term 2 through to Week 5 of term 3 (TBC)

SPA Timetable Term 3 2024

Thursday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	SPA Blue	Tues 15th July - Fri 19th Sept	Fitness Centre	All	Athelete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays

Friday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
TBC	Volleyball	Week 5 Term 2 (TBC)	TBC	Y9 and Y10	Alan Kerr TIC of Volleyball	This porgramme runs from week 5 term 2 through to Week 5 of term 3 (TBC)
3.30pm - 5.00pm	Rugby	Fri 18th July - Fri 19th Sept	Field 2B / Fitness Centre	Y9 and Y10	Kaine Robertson Director of Rugby	Twice a week in term 1 and term on Tuesday and Fridays. Once a week in term2 and 3 on Fridays No session on Friday 29th August due to Rangi Day