

CONDITIONING SESSIONS

A 4 week program of early morning conditioning sessions will begin on Wednesday April 29th for all WestVic Male athletes (SL4 Men and U.17 Boys). These sessions will continue weekly until Wednesday May 20th. These sessions will be professionally supervised and held at the Ballarat Aquatic Centre from 7am to 7:45am each week.

Cost: Senior Men - \$20 for 4 week program, U.17 Boys - **Free**

A 4 week program for all WestVic Female athletes will begin on May 27th.