



Health and Fitness – Strength and Conditioning

Utilising the new weights area in the Braith Williams Aquatic and Fitness Centre, the Strength and Conditioning sessions are ideal for participants who want to use resistance training to improve their health and fitness. This is recommended for all athletes that are looking for a good workout during a term when they are not competing for Pymble on Saturdays or are preparing for a competitive sport in the next term.

Please note, any students who are registered in Term 2 for IGSSA Basketball, IGSSA Football, Athletics, Rugby Seven's, Snow Sports, Winter Rowing, Competitive/Elite Diving, Swimming (Elite Squads), Eisteddfod Dance groups,, and PESP are able to use the Strength and Conditioning Room without having to register for Co-curricular Strength and Conditioning. Further information will be emailed out to all registered participants.

Access to Fitness Centre

Students gain access to the Centre using their student card. If a student has previously had access to the Centre, they will have their card access automatically activated. Students who are new to strength and conditioning this term, will need to activate their student card. Cards can only be activated at the Aquatic Centre reception and only during recess or lunch. Further details will be provided on your confirmation email, once your registration has been confirmed before the beginning of Term 2.

Program Co-ordinator	Monique Zahra ccsa@pymblelc.nsw.edu.au
Term/s	Term 2 This program will be available every term
Years	Year 7 to 12
Days/Times	Monday to Friday 6.45am to 7.45am Monday to Friday 3.30pm to 4.30pm
Cost	\$95.00 per term (flat rate)
Program Dates (Start/End)	Term 2: Week 2 to Week 9
Venue	Fitness Centre
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights/shorts Suitable shoes Students must bring a water bottle and towel