

## Casual Classes: December 2011 & January 2012

### 2011 December Holidays

Mon 19<sup>th</sup> Dec                      Catch-up classes - Melb Cup W/end  
Tue 20<sup>th</sup> Dec                      Catch-up classes - Melb Cup W/end

Wednesday 21st December

### \* ERGfit ROWathon & Christmas Party \*

Arrive 6pm for 6.30pm start  
Games, Prizes, Drinks & Nibbles... Book Now!  
Cost \$10 per person

### 2012 January Holidays

Thur 12th Jan	6.00pm	ERGfit Skill
	7.30pm	Circuit
Fri 13th Jan	9.30am	ERG / Circuit
Sat 14th Jan	9.00am	ERG Combo
Mon 16 <sup>th</sup> Jan	6.30pm	GYMstick
	7.30pm	Boxing/Kettlebell
Tue 17 <sup>th</sup> Jan	6.00pm	ERGfit Skill
Wed 18 <sup>th</sup> Jan	9.30am	ERG / GYM
	7.00pm	ERG / Circuit
Thur 19th Jan	6.00pm	ERGfit
	7.30pm	Circuit
Sat 21st Jan	9.00am	ERG Combo

Casual passes can be used in all the above classes including Mon19th & Tue 20<sup>th</sup> December 2011.  
Casual classes are paid classes. There are no catch up sessions to be done during these classes. Seats must be prebooked

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## Dates to Remember

ERGfit will be CLOSED from Friday 23<sup>rd</sup> December 2011 to Wednesday 11th January 2012 inclusive.

Thur 12 <sup>th</sup> Jan	Casual classes commence
Sat 21 <sup>st</sup> Jan	LEARN 2row Beginner Course
Mon 23 <sup>rd</sup> Jan	ERGfit Term 1 commences
Thur 26 <sup>th</sup> Jan	CLOSED – Australia Day
Thur 2 <sup>nd</sup> Feb	Advanced Class – 30 min row
Sat 18 <sup>th</sup> Feb	VIC rowing Championships
Sat 25 <sup>th</sup> Feb	LEARN 2row Beginner Course
	LEARN 2row Advanced Course
	Moonee Valley Festival
Mon 12 <sup>th</sup> March	CLOSED – Labour Day
Sun 25 <sup>th</sup> March	Henley on Maribyrnong Regatta
Thur 29 <sup>th</sup> March	Advanced Class – 30 min row
	End of Term Drinks The Laurel
Sat 31 <sup>st</sup> Mar	Tough Mudder Challenge
	ERGfit Term 1 finishes
	ROW 4 the KIDS (team/ind)
Sun 1 <sup>st</sup> April	RUN 4 the KIDS 14.1 / 5.7km
Mon 2 <sup>nd</sup> April	Catch-up classes – Labour Day
Thur 5 <sup>th</sup> April	Catch-up classes – Aust Day
Fri 6 <sup>th</sup> to Tue 10 <sup>th</sup> April	CLOSED – Easter
Wed 11th April	Casual Classes commence
Mon 16th April	ERGfit Term 2 commences

### 2012 ERGfit Term Dates

Term 1:	Mon 23 <sup>rd</sup> Jan to Sat 31 <sup>st</sup> March
Term 2:	Mon 16 <sup>th</sup> April to Sat 30 <sup>th</sup> June
Term 3:	Mon 16 <sup>th</sup> July to Sat 22 <sup>nd</sup> Sept
Term 4:	Mon 8 <sup>th</sup> Oct to Sat 16 <sup>th</sup> Dec



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