

# 1<sup>st</sup> WEEK TRAINING TIMES

AGE	FIRST DAY	TIME	VENUE	GYM
U 6/7	SATURDAY 13TH FEB.	8.30 - 9.30AM	AESS	
U/8	SAURDAY 13TH FEB.	8.30 - 9.30AM	AESS	
U/9	FRIDAY 12TH FEB.	5 - 6PM	ASHS	
U/10	FRIDAY 12TH FEB.	5 - 6PM	ASHS	
U/11	MONDAY 8TH FEB.	5.30 - 6.30PM	ASHS	
U/12	MONDAY 8TH FEB.	5 - 6PM	ASHS	
U/13	MONDAY 8TH FEB.	5.30 - 6.30PM	ASHS	
U/14	TUESDAY 9TH FEB.	5.30 - 6.30PM	ASHS	
U/15	TUESDAY 9TH FEB.	6 - 7.30PM	ASHS	6PM
U/16	MONDAY 8TH FEB.	5 - 7PM	ASHS	
U/18	TUESDAY 9TH FEB.	6.30 - 8PM	ASHS	6PM (optional)

TEAM	USUAL DAYS	GYM	WHERE
U 16 Div1	Monday & Wednesday 6-7pm	Mon and Wed 5 - 6	Aspley High School
U 16 Div2	Monday & Wednesday 6-7pm	Mon and Wed 5.30 - 6	Aspley High School
U18 NBS	Mon/Wed/Fri 6.15 – 7.30pm	Mon & Fri 5.30 – 6.00	Aspley High School
U18 Div 1	Mon/Wed/Fri 6.30 – 7.30pm	Mon & Fri 6.00 – 6.30	Aspley High School
U20's/Opens	Mon/Wed /Fri 7-8pm	Mon 6.30 – 7 Wed 6 – 7pm	Aspley High School