



MOUNT HOTHAM  
FREE SKI

FREE YOUR IMAGINATION



## MHFS DRY LAND SERIES CALENDAR APR-JUN 2016

These Dry Land training sessions have been created for the individual athletes who would like to continue their pursuit of 'Free Ski on snow goals' outside of the Australian Winter.

Staying connected with their snow friends from the mountains, and enjoying new friendships, whilst learning from expertly trained, world proven coaches.

Creating more confidence, fitness thru a series of cross training sports sessions, and a continued passion for the art of Free Skiing!

	Day	Date	Time	Activity	Venue	Cost		
<b>APRIL</b>	Wed	13.apr	5-7pm	Tramp	Bounce Glen Iris	<b>DRY LAND PASSES &amp; PRICES</b>	<b>LOCATIONS</b>	
	Thu	14.apr	5-7pm	Tramp	Bounce Glen Iris			
	Sat	16.apr	9am-12pm	Water Ramp #	6 Ross Rd Gruyere			
	Sun	17.apr	9am-12pm	Water Ramp #	6 Ross Rd Gruyere	<b>THE DROP IN EXPERIENCE</b>		<b>TRAMPOLINE</b>
	Wed	20.apr	5-7pm	Tramp	Bounce Glen Iris	1 x program session		<b>BOUNCE INC</b>
	Thu	21.apr	5-7pm	Tramp	Bounce Glen Iris	\$60		2 Weir Street
	Sun	24.apr	4-6pm	Tramp	Gravity Zone Seaford			Glen Iris
	Wed	27.apr	5-7pm	Tramp	Bounce Glen Iris	<b>INTRODUCTION PACK</b>		1300 000 540
	Thu	28.apr	5-7pm	Tramp	Bounce Glen Iris	4 x program sessions		
Sat	30.apr	9am-12pm	Water Ramp #	6 Ross Rd Gruyere	\$220			
<b>MAY</b>	Sun	1.may	9am-12pm	Water Ramp #	6 Ross Rd Gruyere	<b>COMMITTED SERIES</b>	<b>GRAVITY ZONE</b>	
	Wed	4.may	5-7pm	Tramp	Bounce Glen Iris			8 x program sessions
	Thu	5.may	5-7pm	Tramp	Bounce Glen Iris			\$400
	Sun	8.may	4-6pm	Tramp	Gravity Zone Seaford			25 Oliphant Way
	Wed	11.may	5-7pm	Tramp	Bounce Glen Iris	<b>30 SESSIONS 2016</b>		Seaford
	Thu	12.may	5-7pm	Tramp	Bounce Glen Iris			\$950
	Sat	14.may	9am-12pm	Water Ramp #	6 Ross Rd Gruyere			<b>EQUIPMENT REQUIRED:</b>
	Sun	15.may	9am-12pm	Water Ramp #	6 Ross Rd Gruyere			~ Water Bottle
	Wed	18.may	5-7pm	Tramp	Bounce Glen Iris	<b>2016 PASS<sup>1</sup></b>		~ BOUNCE / GRAVITY socks
	Thu	19.may	5-7pm	Tramp	Bounce Glen Iris			\$1,456
	Sun	22.may	4-6pm	Tramp	Gravity Zone Seaford	56 x program sessions		<b>SSA WATER RAMP FACILITY<sup>2</sup></b>
Wed	25.may	5-7pm	Tramp	Bounce Glen Iris		6 Ross Road		
Thu	26.may	5-7pm	Tramp	Bounce Glen Iris		Gruyere		
<b>JUNE</b>	Wed	1.jun	5-7pm	Tramp	Bounce Glen Iris	<b>FULL SEASON PASS<sup>1</sup></b>	<b>EQUIPMENT REQUIRED:</b>	
	Thu	2.jun	5-7pm	Tramp	Bounce Glen Iris			85 x program sessions
	Wed	8.jun	5-7pm	Tramp	Bounce Glen Iris	\$2,225		~ Skis & boots
	Thu	9.jun	5-7pm	Tramp	Bounce Glen Iris			~ Life jacket
	Wed	15.jun	5-7pm	Tramp	Bounce Glen Iris			~ Wetsuit
	Thu	16.jun	5-7pm	Tramp	Bounce Glen Iris			(long arms and legs is best)

~ Ski straps to hold skis if they detach in water  
~ Snacks & water bottle

# SSA water ramp passes required  
[www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)

**ATTENDANCE CONFIRMATION REQUIRED 48HRS PRIOR TO ALL SESSIONS**

<sup>1</sup> PASSES VALID FOR UP TO 3 FAMILY MEMBERS PER SESSION FROM AGE 8YRS+

<sup>2</sup> SSA WATER RAMP REQUIREMENT - MIN. AGE 10YRS UNLESS PRIOR PERMISSION BY PROGRAM HEAD COACH

**COME AND LET'S FREE YOUR IMAGINATION!**

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