



SITA

ADULT PROGRAMME SCHEDULE 2023

ADULT PROGRAMME

CLASS	DAY	TIME	AGE	RATIO
LADIES DRILLS BEGINNER	Mon	8:00-9:00am	18 yrs & over	Min. 3:1 Max. 5:1
	Fri	8:00-9:00am		
LADIES DRILLS INT / ADV	Tue	8:00-9:30am	18 yrs & over	Min. 3:1 Max. 5:1
	Wed	8:00-9:30am		
	Thu	8:00-9:30am		
MEN'S DRILLS INT / ADV	Mon	8:30-10:00pm	18 yrs & over	Min. 3:1 Max. 5:1
	Tue	8:30-10:00am 8:30-10:00pm		
	Thu	8:30-10:00pm		
MIXED DRILLS BEGINNER	Fri	8:00-9:30pm	18 yrs & over	Min. 3:1 Max. 5:1
MIXED DRILLS INT / ADV	Fri	8:00-9:30pm	18 yrs & over	Min. 3:1 Max. 5:1

2023 Rates

	RATE PER SESSION		RATE PER SESSION
1 hr	\$43.20 (\$40 X 1.08 GST)	1.5 hrs	\$59.40 (\$55 X 1.08 GST)

MD MEN'S
DRILLS

Ladies
DRILLS

MIXED
DRILLS