



WEIGHTLIFTING ACADEMY OF TASMANIA

# LEARN OLYMPIC WEIGHTLIFTING

## 10 Session Course

### COURSE BENEFITS

- 10 practical sessions in a safe and well-controlled environment
- Learn step-by-step
- Each week a series of challenges to help you discover the skills of Weightlifting
- No prerequisite knowledge or experience needed
- Suits participants 10-70 years
- Take home reading materials
- Learn from a leading Australian Weightlifting coach.

### COURSE FORMAT

Practical work interspersed with explanations of key weightlifting concepts.

Course run as a 10 week block. Participants can choose Wednesday or Friday sessions.

### Contact Us

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### COURSE LEADER

Leo Isaac, BSc. (Hons) , MSportCoach, GradDipEd  
AWF National Licence Weightlifting Coach



**Align**  
FITNESS AND MASSAGE