

2024 ADVANCED DIPLOMA OF CLINICAL NATUROPATHY TIMETABLE

Duration: 3.5 years or 5 years

Intake: Annual intake commencing on 21 February

Academic Year: The academic year consists of 3 x 12-week terms

Flexible Learning Options:

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule.

You can choose to:

- Attend the class lesson live in real-time online at the scheduled time **OR**
- Review the class recording and course content at your leisure in-line with your own weekly study schedule.
- You can attend the live class and watch the recording for revision to consolidate your learning.

*Clinical Practice training is delivered 50% live online and 50% with an approved external supervisor.

** As Nutritional Therapeutics A/B Tutorials are designed to be a discussion group, live online attendance in at least two sessions is required

Course Study Plan Overview

In order to complete the Advanced Diploma, students must follow the published study plan in the sequence outlined and complete the course in the duration outlined.

3.5 Year Study Plan

	Term 1	Term 2	Term 3
Year 1	<ul style="list-style-type: none"> • Anatomy & Physiology Body Structure • Botany • Foundations of Nutrition A • Herbal Medicine A • Introduction to Natural Medicine 	<ul style="list-style-type: none"> • Anatomy & Physiology Body Systems • Body Chemistry A • Foundations of Nutrition B • Herbal Medicine B • Medicinal Weeds 	<ul style="list-style-type: none"> • Integrative Anatomy & Physiology • Body Chemistry B • Principles of Micronutrients A • Herbal Medicine C • Herbal Manufacturing
Year 2	<ul style="list-style-type: none"> • Principles of Micronutrients B • Herbal Therapeutics A • Symptomatology, Diagnosis & Pathology A • Bach Flower Remedies 	<ul style="list-style-type: none"> • Nutritional Therapeutics A • Nutritional Therapeutics A Tutorials** • Herbal Therapeutics B • Symptomatology, Diagnosis & Pathology B • Clinical Assessment Techniques 	<ul style="list-style-type: none"> • Nutritional Therapeutics B • Nutritional Therapeutics B Tutorials** • Herbal Therapeutics C • Symptomatology, Diagnosis & Pathology C • Safe Practices
Year 3	<ul style="list-style-type: none"> • Clinical Case Studies A (Nat/Herbs) • Foundations of Homoeopathy A • Naturopathic Diagnosis • Communicate with Clients 	<ul style="list-style-type: none"> • Clinical Case Studies B (Nat/Herbs) • Foundations of Homoeopathy B • Develop Professional Expertise • Communicate in Health 	<ul style="list-style-type: none"> • Pharmacology • Foundations of Homoeopathy C • Evidence Based Practice • Building Your Successful Practice
Year 4	<ul style="list-style-type: none"> • Homoeopathic Therapeutics • Iridology Fundamentals 	<ul style="list-style-type: none"> • Iridology for Clinical Practice 	

*In 3rd & 4th year 400 hours of Clinical Practice Training (310 hrs. of Naturopathy and 90 hrs. of Homoeopathy)

~ 5-year study plan on the next page ~

5 Year Study Plan			
	Term 1	Term 2	Term 3
Year 1	<ul style="list-style-type: none"> Anatomy & Physiology Body Structure Herbal Medicine A Botany Introduction to Natural Medicine 	<ul style="list-style-type: none"> Anatomy & Physiology Body Systems Herbal Medicine B Medicinal Weeds Body Chemistry A 	<ul style="list-style-type: none"> Integrative Anatomy & Physiology Herbal Medicine C Herbal Manufacturing Body Chemistry B
	Term 1	Term 2	Term 3
Year 2	<ul style="list-style-type: none"> Foundations of Nutrition A Herbal Therapeutics A Symptomatology, Diagnosis & Pathology A 	<ul style="list-style-type: none"> Foundations of Nutrition B Herbal Therapeutics B Symptomatology, Diagnosis & Pathology B 	<ul style="list-style-type: none"> Principles of Micronutrients A Herbal Therapeutics C Symptomatology, Diagnosis & Pathology C
	Term 1	Term 2	Term 3
Year 3	<ul style="list-style-type: none"> Communicate with Clients Naturopathic Diagnosis Principles of Micronutrients B 	<ul style="list-style-type: none"> Communicate in Health Clinical Assessment Techniques Nutritional Therapeutics A Nutritional Therapeutics A Tutorials** 	<ul style="list-style-type: none"> Safe Practices Pharmacology Nutritional Therapeutics B Nutritional Therapeutics B Tutorials**
	Term 1	Term 2	Term 3
Year 4	<ul style="list-style-type: none"> Clinical Case Studies A (Nat/Herbs) Foundations of Homoeopathy A Bach Flower Remedies 	<ul style="list-style-type: none"> Clinical Case Studies B (Nat/Herbs) Foundations of Homoeopathy B Develop Professional Expertise 	<ul style="list-style-type: none"> Building Your Successful Practice Foundations of Homoeopathy C Evidence Based Practice
	Term 1	Term 2	Term 3
Year 5	<ul style="list-style-type: none"> Iridology Fundamentals Homoeopathic Therapeutics 	<ul style="list-style-type: none"> Iridology for Clinical Practice 	

*In 4th & 5th year 400 hours of Clinical Practice Training (310 hrs. of Naturopathy and 90 hrs. of Homoeopathy)

2024 Timetables:

3.5-year timetable starts on page **3**

5-year timetable starts on page **8**

1st Year Timetable

Term 1 = Five subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine A (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	21 Feb – 8 May	12 weeks
Anatomy & Physiology Body Structure (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	21 Feb – 8 May	12 weeks
Foundations of Nutrition A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	21 Feb – 8 May	12 weeks
Botany (incl. GST \$465)	Thursday Online Virtual Classroom	9.30am – 11.30am	7 Mar – 18 Apr	7 weeks
Introduction to Natural Medicine (incl. GST \$575)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 2 May	10 weeks (excl. 25 Apr)

Term 2 = Five subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine B (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Anatomy & Physiology Body Systems (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Foundations of Nutrition B (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Medicinal Weeds (incl. GST \$465)	Thursday Online Virtual Classroom	9.30am – 11.30am	18 Jul – 29 Aug	7 weeks
Body Chemistry A (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 8 Aug	9 weeks (excl. 11 Jul)

Term 3 = Five subjects				
Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine C (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	18 Sep – 4 Dec	12 weeks
Integrative Anatomy & Physiology (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	18 Sep – 4 Dec	12 weeks
Principles of Micronutrients A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	18 Sep – 4 Dec	12 weeks
Herbal Manufacturing (Incl. GST \$510)	Thursday Online Virtual Classroom	9.30am – 11.30am (on 21 & 28 Nov 9.00am – 12.00 pm)	31 Oct – 5 Dec	6 weeks
Body Chemistry B (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	19 Sep – 14 Nov	9 weeks

2nd Year Timetable

Term 1 = Four subjects				
Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics A (Incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	21 Feb – 8 May	12 weeks
Principles of Micronutrients B (incl. GST \$995)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	21 Feb – 8 May	12 weeks
Symptomatology, Diagnosis & Pathology A (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)
Bach Flower Remedies (incl. GST \$795)	Thursday Online Virtual Classroom	6.30pm – 8.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Five subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics B (Incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Nutritional Therapeutics A (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Clinical Assessment Techniques (incl. GST \$395)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 18 Jul	6 weeks (excl. 11 Jul)
Symptomatology, Diagnosis & Pathology B (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	6 Jun -29 Aug	12 weeks (excl. 11 Jul)
Nutritional Therapeutics A Tutorials** (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	27 Jun, 18 Jul, 8 Aug, 29 Aug	4 classes

Term 3 = Five subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics C (Incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	18 Sep – 4 Dec	12 weeks
Nutritional Therapeutics B (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	18 Sep – 4 Dec	12 weeks
Symptomatology, Diagnosis & Pathology C (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	19 Sep – 5 Dec	12 weeks
Nutritional Therapeutics B Tutorials (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	3 & 24 Oct, 14 Nov, 5 Dec	4 classes
Safe Practices (incl. GST \$185)	Distance Learning No scheduled day	Distance Learning No scheduled time	16 Sep – 27 Oct	6 weeks

3rd Year Timetable

Term 1 = Four subjects + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy A (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	20 Feb – 7 May	12 weeks
Communicate with Clients (incl. GST \$445)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	21 Feb – 2 Apr	7 weeks
Clinical Case Studies A (Nat/Herbs) (incl. GST \$1025)	Thursday Online Virtual Classroom	9.00am – 11.30am	22 Feb – 16 May	12 weeks (excl. 25 Apr)
Naturopathic Diagnosis (incl. GST \$820)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Four subjects + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy B (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	4 Jun – 27 Aug	12 weeks (excl. 9 Jul)
Communicate in Health (incl. GST \$495)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	5 Jun – 31 Jul	8 weeks (excl. 10 Jul)
Clinical Case Studies B (Nat/Herbs) (incl. GST \$1025)	Thursday Online Virtual Classroom	9.00am – 11.30am	6 Jun – 29 Aug	12 weeks (excl. 11 Jul)
Develop Professional Expertise (incl. GST \$545)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)

Term 3 = Four subjects + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy C (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	17 Sep – 3 Dec	12 weeks
Evidence Based Practice (incl. GST \$675)	Tuesday Online Virtual Classroom	3.30pm – 5.30pm (last class 3.30pm – 4.30pm)	17 Sep – 26 Nov	11 weeks
Building Your Successful Practice (incl. GST \$820)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	17 Sep – 3 Dec	12 weeks
Pharmacology (incl. GST \$895)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 4 Dec	12 weeks

4th Year Timetable

Term 1 = Two subjects + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Homoeopathic Therapeutics (incl. GST \$835)	Tuesday Online Virtual Classroom	1.00pm – 3.00pm	20 Feb – 7 May	12 weeks
Iridology Fundamentals (incl. GST \$825)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	20 Feb – 7 May	12 weeks

Term 2 = One subject + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Iridology for Clinical Practice (incl. GST \$825)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	4 Jun – 27 Aug	12 weeks (excl. 9 Jul)

5-year study plan timetable starts on next page

Clinical Practice Training timetable on the last page

5 Year Study Plan

1st Year Timetable

Term 1 = Four subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine A (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	21 Feb – 8 May	12 weeks
Anatomy & Physiology Body Structure (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	21 Feb – 8 May	12 weeks
Botany (incl. GST \$465)	Thursday Online Virtual Classroom	9.30am – 11.30am	7 Mar – 18 Apr	7 weeks
Introduction to Natural Medicine (incl. GST \$575)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 2 May	10 weeks (excl. 25 Apr)

Term 2 = Four subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine B (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Anatomy & Physiology Body Systems (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Medicinal Weeds (incl. GST \$465)	Thursday Online Virtual Classroom	9.30am – 11.30am	18 Jul – 29 Aug	7 weeks
Body Chemistry A (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm - 2.00pm	6 Jun – 8 Aug	9 weeks (excl. 11 Jul)

Term 3 = Four subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Medicine C (incl. GST \$795)	Wednesday Online Virtual Classroom	9.30am – 11.30am	18 Sep – 4 Dec	12 weeks
Integrative Anatomy & Physiology (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	18 Sep – 4 Dec	12 weeks
Herbal Manufacturing (Incl. GST \$510)	Thursday Online Virtual Classroom	9.30am – 11.30am (on 21 & 28 Nov 9.00am – 12.00 pm)	31 Oct – 5 Dec	6 weeks
Body Chemistry B (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	19 Sep – 14 Nov	9 weeks

2nd Year Timetable

Term 1 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics A (incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	21 Feb – 8 May	12 weeks
Foundations of Nutrition A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	21 Feb – 8 May	12 weeks
Symptomatology, Diagnosis & Pathology A (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics B (incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Foundations of Nutrition B (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Symptomatology, Diagnosis & Pathology B (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	6 Jun -29 Aug	12 weeks (excl. 11 Jul)

Term 3 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Herbal Therapeutics C (incl. GST \$1010)	Wednesday Online Virtual Classroom	9.00am – 11.30am	18 Sep – 4 Dec	12 weeks
Principles of Micronutrients A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	18 Sep – 4 Dec	12 weeks
Symptomatology, Diagnosis & Pathology C (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	19 Sep – 5 Dec	12 weeks

3rd Year Timetable

Term 1 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Principles of Micronutrients B (incl. GST \$995)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	21 Feb – 8 May	12 weeks
Communicate with Clients (incl. GST \$445)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	21 Feb – 2 Apr	7 weeks
Naturopathic Diagnosis (incl. GST \$820)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Four subjects

Subject Name	Class schedule	Time	Dates	Duration
Nutritional Therapeutics A (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Communicate in Health (incl. GST \$495)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	5 Jun – 31 Jul	8 weeks (excl. 10 Jul)
Clinical Assessment Techniques (incl. GST \$395)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 18 Jul	6 weeks (excl. 11 Jul)
Nutritional Therapeutics A Tutorials** (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	27 Jun, 18 Jul, 8 Aug, 29 Aug	4 classes

Term 3 = Four subjects

Subject Name	Class schedule	Time	Dates	Duration
Safe Practices (incl. GST \$185)	Distance Learning No scheduled day	Distance Learning No scheduled time	16 Sep – 27 Oct	6 weeks
Nutritional Therapeutics B (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	19 Sep – 5 Dec	12 weeks
Pharmacology (incl. GST \$895)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 4 Dec	12 weeks
Nutritional Therapeutics B Tutorials (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	3 & 24 Oct, 14 Nov, 5 Dec	4 classes

4th Year Timetable

Term 1 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy A (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	20 Feb – 7 May	12 weeks
Clinical Case Studies A (Nat/Herbs) (incl. GST \$1025)	Thursday Online Virtual Classroom	9.00am – 11.30am	22 Feb – 16 May	12 weeks (excl. 25 Apr)
Bach Flower Remedies (incl. GST \$795)	Thursday Online Virtual Classroom	6.30pm – 8.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy B (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	4 Jun – 27 Aug	12 weeks (excl. 9 Jul)
Clinical Case Studies B (Nat/Herbs) (incl. GST \$1025)	Thursday Online Virtual Classroom	9.00am – 11.30am	6 Jun – 29 Aug	12 weeks (excl. 11 Jul)
Develop Professional Expertise (incl. GST \$545)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)

Term 3 = Three subjects

Subject Name	Class schedule	Time	Dates	Duration
Foundations of Homoeopathy C (incl. GST \$995)	Tuesday Online Virtual Classroom	9.00am – 11.30am	17 Sep – 3 Dec	12 weeks
Evidence Based Practice (incl. GST \$675)	Tuesday Online Virtual Classroom	3.30pm – 5.30pm	17 Sep – 26 Nov	11 weeks
Building Your Successful Practice (incl. GST \$820)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	17 Sep – 3 Dec	12 weeks

5th Year Timetable

Term 1 = Two subjects + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Homoeopathic Therapeutics (incl. GST \$835)	Tuesday Online Virtual Classroom	1.00pm – 3.00pm	20 Feb – 7 May	12 weeks
Iridology Fundamentals (incl. GST \$825)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	20 Feb – 7 May	12 weeks

Term 2 = One subject + Clinical Practice Training

Subject Name	Class schedule	Time	Dates	Duration
Iridology for Clinical Practice (incl. GST \$825)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	4 Jun – 27 Aug	12 weeks (excl. 9 Jul)

Clinical Practice Training timetable on the next page

Clinical Practice Training Timetable: Term 2

Clinical Practice Training (Naturopathy)		
50 hours per session		
Online Virtual Clinic		
\$1750 (Incl. GST)		
Wednesday	5.00pm – 9.00pm	13 weeks 5 Jun – 4 Sep (excl. 10 Jul)
OR		
Friday	9.00am-1.00pm	13 weeks 7 Jun – 6 Sep (excl. 12 Jul)
<i>*Week 1: 2 hours only</i>		

Clinical Practice Training (Homoeopathy)		
45 hours per session		
Online Virtual Clinic		
\$1575 (Incl. GST)		
Tuesday	1.00pm – 5.00pm	12 weeks 4 Jun – 27 Aug (excl. 9 Jul)
OR		
Thursday	5.00pm – 9.00pm	12 weeks 6 Jun – 29 Aug (excl. 11 Jul)
<i>*Weeks 10, 11 & 12: 3 hours only</i>		