

SSLSC TRAINING SESSIONS 2021/22

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-6am			Running training Jose SSLSC		Running training Jose SSLSC		
5.30am-6.30am		Surf Ski training General training SSLSC		Surf Ski training General training SSLSC			
6am-7am		Ironman training Warren SSLSC	Board training Chris SSLSC	March Past Training Brian SSLSC	Board training Chris SSLSC		
7am-8am							
8am-9am						Nippers R&R Doug SSLSC	Board training Warren SSLSC
8.30am-9.30am						Under 15 R&R Doug SSLSC 9am-10am	Surf Ski training All Welcome General Ski Session SSLSC
11am - 12pm							Champion Patrol, Champion Lifesaver and First Aid Chris SSLSC (14/11, 28/11 then TBC)
3.00pm-4.00pm						Nippers Board Training Various coaches Peppermint Grove Beach	
4.30pm-5.30pm		Running Training Kathryn SSLSC		Nippers R&R Doug SSLSC			
4.30pm-5.30pm				Craft surf skills training Jen SSLSC			