



**SWANSEA
BELMONT
SLSC**

2016/17 TRAINING TIMES

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
0500 Swim Swansea Pool C: Tim	0515 Ski Boat Shed C: Tim or Matt	0500 Swim Swansea Pool C: Tim	0515 Ski Boat Shed C: Tim or Matt	0500 Swim Swansea Pool C: Tim	0700 Ski Boat Shed C: Tim or Matt	0730 Ski (Sunday Fun Day) Boat Shed C: Tim or Matt
			0600 Iron Person Blacksmiths (From November) C: Nat		0900 Sprint & Flags Blacksmiths Beach C: John Langford	
					0930 Iron Person Blacksmiths (From October) C: Nat	
	1630 Nippers Board 16ft's Belmont C: Tim, Matt, Ian or Ryan		1630 Nippers Board Blacksmiths C: Tim, Matt, Ian or Ryan			
1630 Ski Boatshed C: Tim or Matt	1630 Board - Malibu 16ft's Belmont C: Tim or Ryan	1630 Ski Boatshed C: Tim or Matt	1630 Board - Malibu Blacksmiths C: Tim or Ryan	1700 Swim In's & Outs Blacksmiths (from November) C: Nat		
1700 Board - Malibu Blacksmiths C: Graham, Jeff	1700 Sprint & Flags Marks Point Oval C: John Langford	1700 Board - Malibu Pelican C: Graham, Jeff	1700 Sprint & Flags Marks Point Oval C: John Langford	1700 Board-Malibu Blacksmiths C: Alex		

notes

All sessions are offered free of charge except for Swansea Pool swim sessions where pool entry fee applies and participants must be able to swim 1.30min/100M freestyle pace.

All skill levels are welcome to Sunday ski sessions. Other sessions are for more advanced paddlers, however if you would like to attend, contact Tim or Matt beforehand.

Tuesday training for Nippers and Mals will change venues to Salts Bay, Swansea Heads in Summer.

Parents and carer's are requested to help out with water safety for Nipper Board and Iron Person training.

C: Tim Allen 0412 654652, Matt Rees 0437 021917, Graham Burge 0408 216517, Ian McDougall 0425 805604,

Nat McGregor 0439 305214, Ryan Cook 0408 970451, Jeff Mowbray 0417 272402, Alex Marshall 0437 146738