



2017-2018 TRAINING TIMES

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
					0700 Ski Ski Shed Tim Allen	
		0600 Iron Person Blacksmiths (From November) Nat McGregor			0930 Iron Person Blacksmiths Nat McGregor	
		1615 Fitness Blacksmiths Trev Scott		1615 Fitness Blacksmiths Trev Scott		
1700 Ski Ski Shed Tim Allen	1630 Board – Nippers & Mals 16ft's Belmont Matt Rees	1700 Ski Ski Shed Tim Allen	1630 Board – Nippers & Mals Blacksmiths Matt Rees	1630 Swim In's & Outs Blacksmiths (from December) Nat McGregor		
1700 Board Mals only Blacksmiths Graham Burge		1700 Board Mals only Pelican Boat Ramp Graham Burge		1700 Reserved for Twilight Clubbies on the Beach (from November)		

notes

All sessions are offered free of charge

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

Parents and carers are requested to help with water safety for Nipper Board and Iron Person training.