

FRESHWATER SLSC
2006/07 TRAINING SCHEDULE BOARD/SKI/SWIM SECTION
NOVEMBER

		SKI	BOARD	SWIM	GENERAL
MONDAY	am				
	pm				Gym (6pm)
TUESDAY	am	Masters/Intermediate (Freshie 6am)	Open - Mat Lemon (Manly Harbour 5.15am)		
	pm		Cadet - Ryan Swan (Manly Dam 5.15pm)		
	pm		Open - Michael Kirkby (Freshie 6pm)		
WEDNESDAY	am				
	pm				Circuit Class (6pm)
THURSDAY	am	Masters/Intermediate (Freshie 6am)			
	pm		Open - Mat Lemon (Freshie 5.05pm) Cadet - Ryan Swan (Manly Dam 5.15pm)		
FRIDAY	am				
	pm				
SATURDAY	am	Open (Freshie 7am) Masters/Intermediate (Freshie 7am)			
	pm				
SUNDAY	am	Open (Freshie 7.30am) Masters/Intermediate (Freshie 7.30am) Beginner (Freshie 9am)	Open (Freshie 9.30am) TBC Cadet (Freshie 10am) TBC	Surf Swim Skills session (Freshie 10am)	
	pm				

Open mid week sessions TBC

All junior paddlers to attend Cadet session unless told otherwise

Note: swim squads at your own pool

CARNIVALS

04-Nov Premiership Series round 2
12-Nov Dolphin Junior Craft
18-Nov Freshie Masters
19-Nov Junior carnival
25-Nov Jnr/Snr teams
26-Nov Bennett junior ironman

Warrilla Barrick Point
Dee Why
Manly
Collaroy
Freshie