

CLUB ENDORSED TRAINING SESSIONS 2021/22 updated 16 November 21

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|---|------------------------------------|
| SURF BOATS 5.00-9.00am | SURF BOATS 5.00-9.00am | SURF BOATS 5.00-9.00am | SURF BOATS 5.00-9.00am | SURF BOATS 5.30-9.00am | SURF BOATS 5.00-9.00am | SURF BOATS 5.00am-6.00pm |
| | INS & OUTS 5.45-6.45am: Craig | | | | INS & OUTS 6.15-7.00am: Craig | |
| | | | BOARD 14yrs-Masters: Brett Bronze/Intermediate: Sean 6.00 -7.30am | BEACH FIT Craig Parker 6.00 -7.00am | SKI U17-Masters: Shane 6.00 -7.00am | |
| AFTERNOON SESSIONS: | | | | | IRON U14-Masters: Maddy 6.30 – 8.00am | |
| SURF BOATS 3.30-6.00pm | SURF BOATS 3.30-6.00pm | SURF BOATS 3.30-6.00pm | SURF BOATS 3.30-6.00pm | SURF BOATS 3.30-6.00pm | BOARD Bronze/Intermediate: Sean 7.00 -8.30am | |
| | | | BEACH Flags & Sprints U8-U10 yrs: Ginny 4.00-5.00pm U11-U14 yrs: Craig Parker 4.30-5.00pm | | | |
| SKI U17-Masters: Shane 4.30-6.15pm | BOARD 14-Masters: Maddy 4.30-6.15pm | SKI U17-Masters: Shane 4.30-6.15pm | | SKI U17-Masters: Shane 4.30-6.15pm | JAC BOARD & IRON U11-U13: Josh 7.30-9.00am | |
| JAC BOARD U11-U13: Josh 4.30-6.00pm | | JAC BOARD U8-U10: Jason P. U11-U13 Josh 4.30-6.00pm | JAC BOARD U11-U13: Josh 4.30-6.00pm | | | |
| HILLS Pt Cartwright 4.45-6.00pm: Craig | | | BOARD 14-Masters: Maddy 4.30-6.15pm MAROOCHYDORE** | ** Board training on Thursdays at Maroochydore Beach, Cnr Alexandra Parade & Melrose Parade | | |