



FITNESS - CLUB WIDE

2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	SKI / BOARD Long nets Coach Rod Taylor*	BOARD Coach Mark Higgison*	SKI Coach Paul (Buck) Rogers	BOARD Coach Brett Williams	IRON TRAINING Coach Rod Taylor*	IRON TRAINING Coach Mark Higgison*	
6:00		INS & OUTS Coach Craig Parker	BOARD / SWIM Coach Ian (Simmsy) Simms	BEGINNER BOARD Coach Ian (Simmsy) Simms	SKI Coach Paul (Buck) Rogers		
6:30		6:30 AM BEGINNER BOARD Coach Ian (Simmsy) Simms			6:45 AM SQUAD SWIMMING Mountain Creek Pool - \$5 Coach Jarmo Hast / Perry	6:30AM INS & OUTS Coach Craig Parker	
7:00							7AM - SWIM / INS & OUTS Coach Ian (Simmsy) Simms
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00	SQUAD SWIMMING Mountain Creek Pool - \$5 Coach Jarmo Hast	CHAMPION LIFESAVER U14 - Opens - Masters Coach Greg Toman	SQUAD SWIMMING Mountain Creek Pool - \$5 Coach Jarmo Hast	CHAMPION LIFESAVER U14 - Opens - Masters Coach Greg Toman			

Mooloolaba SLSC Members only sessions

***Waiting for Coach License renewal, not Endorsed training (not insured at participants' own risk).**

Training schedule to be updated when processed & endorsed.

Only those on this calendar are endorsed by the management committee and are insured

Current at: 25/11/25



U14 - OPEN

ADVANCED SESSIONS - ALL WELCOME 2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	SKI PADDLERS GYM then SKI Coach Trent Robinson		SKI PADDLERS GYM then SKI Coach Trent Robinson		SKI PADDLERS GYM then SKI Coach Trent Robinson		
5:30			IRON TRAINING Coach Rhys Drury Location: Kawana			IRON TRAINING Coach Rhys Drury	
6:00		SKI Youth Development Coach Trent Robinson	IRON / BOARD TRAINING Youth Development Coach Maddy Gale	SKI Youth Development Coach Trent Robinson		OPENS SKI Coach Trent Robinson	
6:00						6:00 AM IRON TRAINING Youth Development Coach Maddy Gale	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00				BOARD Coach Rhys Drury Location: Kawana			
16:30		BOARD & RUN Youth Development Coach Maddy Gale		BOARD Youth Development Coach Maddy Gale Location: Kawana			
17:00	SKI Coach Rhys Drury	BOARD Coach U17- OPENS Beau Farrell	SKI Coach Rhys Drury		SKI Coach Rhys Drury		

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BEACH - TRACK - GYM

2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15						GYM U14-OPENS Coach Pauline Gleeson
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16:00	FLAGS U11-U13 Coach Pauline Gleeson					
16:30	FLAGS U14-OPENS Coach Pauline Gleeson	SPRINTS U11-U13 Coach Pauline Gleeson & U8-U10 - Ginny Sargeant	SENIOR BEACH SPRINTS & GYM U14-OPENS (16:30-18:00) Coach Pauline Gleeson Bring runners & Towel		TRACK U11-U13 (16:30-17:30) U14-OPEN (16:30-18:00) Location - Maroochydore Multisports Center Coach Pauline Gleeson & U8-U10 Ginny Sargeant	

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NIPPERS TRAINING CALENDAR

2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00				ADVANCE OPEN BEACH BOARD Coach Beau Farrell & Steven Coombsie <u>Location: Maroochydore</u>	OCEAN SWIMS Coach Steven Coombes & Jess Roberts		
6:30 / 7:00		6:30AM SQUAD SWIMMERS INS & OUTS Coach Rohan Livingstone				7:00AM IRON TRAINING Coaches Beau Farrell - Dani Jackson, Perry Elliott & Steven Coombes	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00	BEACH FLAGS U11-U13 Coach Pauline Gleeson						
16:30		SPRINTS U11-U13 Coach Pauline Gleeson U8-U10 Coach Ginny Sargeant			TRACK U11-U13 (16:30-17:30) U14-OPEN (16:30-18:00) Location - Maroochydore Multisports Center Coach Pauline Gleeson & Ginny Sargeant		
17:00 PM	ENDURANCE BOARD Coach Beau Farrell		BOARD Coach Beau Farrell, Perry Elliott, Dani Jackson, Steven Coombes & Jess Roberts				

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