

Training Schedule 2016/2017 Season
Umina Surf Lifesaving Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juniors	5:00pm Sprint	5:00pm Board	5:00pm Ironman & Carnival Competition	6:00pm Swim for 8's and 9's @ PLC	5:00pm Board		7:45am March Past 10:45am Junior RnR
Opens	5:00pm Sprint 5:30pm Ironman 6:45pm Swimfit**	5:45am Group Fitness* 5:30pm Board 6:45pm Swimfit**	6:00am Teen Fitness* <small>13 to 16 year olds</small> 5:00pm Ski 6:45pm Swimfit**	5:45am Group Fitness* 4:00pm First Aid 5:30pm Board		6:30am Group Fitness* TBA based on Carnivals	11:00am Swim <small>(Meet at Patrol Tent)</small>
Masters	5:00pm Sprint 6:45pm Swimfit**	6:45pm Swimfit**	5:00pm Ski 6:45pm Swimfit**	5:30pm Board			7:30am Ironperson 11:00am Swim <small>(Meet at Patrol Tent)</small>
Boats	Boats Program TBA						

* Group Fitness is run by Steve De Vivo meeting at the surf club, open to adults of all levels (opens and masters). Teen Fitness open to 13 to 16 year olds starting 12/10/2016

** Swimfit is run by the Peninsula Leisure Centre staff, open to adults of all levels (opens and masters).