



# HOLYWELL BAY

SURF LIFE SAVING CLUB

Day	Session	Venue	Participants	Coaches
<b>Sunday</b>	Board & Ski paddling 10.00-11.30 *Dependent on limited craft availability and transport	Flexible	Juniors & Nipper Juniors 2003 & older Seniors	J.L, R.E-D, S.P
<b>Monday</b>				
<b>Tuesday</b>	<i>Swimfit (non club session but recommended)</i> 20.00-21.00	<i>Waterworld</i>	Members looking to develop their swimming	S.G-C
<b>Wednesday</b>	Nipper Comp training 18.00-19.00  Swim Development (3 lanes) 19.00-20.00  Junior Comp training (4 lanes) 19.00-20.00	Newquay View	Nippers taking part in the Stillwater comps  Members looking to develop their swimming  Juniors taking part in the Stillwater comps	S.P, J.L  J.L  R.E-D, S.P, J.L
<b>Thursday</b>	18.00-19.00 Nippers  19.00-20.00 Nippers  20.00-21.00 Juniors & Seniors	Newquay View	Younger Nippers  Older Nippers  Juniors and Seniors	K.D, D.H  S.P, J.L  J.L
<b>Friday</b>	<i>Swimfit (non club session but recommended)</i> 20.00-21.00	<i>Waterworld</i>	Members looking to develop their swimming	S.G-C
<b>Saturday</b>	Senior circuits 9.30-10.30  Winter Juniors 11.00-12.30	Club hut  Club hut	Seniors  Juniors & Nipper Juniors 2003 & older	R.E-D  J.L, R.E-D, S.P