

Spring Training Sessions
Board, Ski and Swim sessions

TIME	SESSIONS	AGE GROUP (requirements)	VENUE	COACH	
MONDAY	5pm Trailer leaves 5.15pm -6.45pm	Senior Boards	Seniors with SRC/Bronze	West Lakes Rowing Club	Pete Zuill
MONDAY	Commencing 23 rd October	Junior Boards	Juniors	WBSLSC	Pete Zuill
TUESDAY	5.30pm	Skis	Bronze Medallion Experience required	WBSLSC	Pete Zuill
	7.00pm - 8.00pm	Swim	All Members	Immanuel Pool	Matt Zuill
WEDNESDAY	5.15pm	Boards	All members	WBSLSC	Pete Zuill
THURSDAY	5.30pm	Skis	Bronze Medallion Experience required	WBSLSC	Steve Perry
	7.00pm - 8.00pm	Swim	All Members	Immanuel Pool	Ben Zuill
SATURDAY	8.30 - 10.00am	Iron Man	Bronze Medallion Experience required	WBSLSC	Pete Zuill Steve Perry
SUNDAY					

New members must be assessed with a Preliminary Skills Evaluation, suitable for the prescribed age group, prior to training commencing.

Age group members must also be assessed with a Preliminary Skills Evaluation, prior to training commencing, if this hasn't been done previously.