

PBQSLSC training program as at 29 Oct 2018

Open to Nippers U10 to masters	Nippers U10 to U13 only	U14s, seniors, opens and masters only
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.15am					BOARD (10'6 mals) Masters Self-directed Pirate Park		
5.30am		SKI SQUAD Open/Masters Beach					
6.15am						IRON (10'6 mals) U14-masters Kelly Margetts Beach	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.30pm		BOARD (nipper) U10 - U13 Tenille Devine Canal 7th Ave (meet at Club at 4.15pm)					
5.00pm	SPRINT U10 to masters Tim Matchett Beach		SPRINT U10 to masters Tim Matchett Beach		BOARD (nipper) U10 - U13 Tenille Devine Beach (meet at Club at 4.45pm)		
5.15pm		BOARD (10'6 mals) U14 - masters Kelly Margetts Beach (meet at Club at 4.45pm)			BOARD (10'6 mals) U14 - masters Kelly Margetts Beach (meet at Club at 4.45pm)		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00pm	SWIM U10 to masters Rachel Bellue Tallebudgera Rec pool		SWIM U10 to masters Rachel Bellue Tallebudgera Rec pool				