

2020/21 PRE-SEASON TRAINING

Commence July 20, 2020



All senior members welcome (U/14's – Masters, Patrollers and Bronzies)

Those attending training just need to be competent (craft and swim) and all fitness levels catered for

You **MUST complete and return** the Member Training Agreement prior to your first session.

You **MUST** sign on for training, if not, you will not be able to train. Coaches will have sign on sheets which will also cover COVID-19 tracing.

You **MUST** wear a pink rashie in the open water.

PBC Pool Sessions – Members to pay entry to the centre. Current prices below:

Adult (16+) \$6.30

Concession \$4.70

COVID – 19 OBLIGATIONS

- Adhere to social distancing
- Come in, TRAIN, go home
- Bring your own water bottle
- Practice good hygiene
- You **MUST** sign into training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6am Ski Session Talle Creek (Neptunes) Mick	5.45am Fitness / Board @ Club Tenille	6.15am Fitness by the Beach @ Club Jena	6am Ski Session Talle Creek (Neptunes) Mick	6.30am Fitness by the Beach @ Club Jena	8am Open Water Swim @ Pirate Park Nadene
PM	6pm Swim PBC Pool Nadene	4pm Fitness / Board @ Murlong Cres Tenille	6pm Swim PBC Pool Nadene	5.00pm Sunset Recovery/Mobility @ Club Jena			