

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 19th - 25th June 2017

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	SWIMMING <i>GC Aquatic Centre Pierce & Russall</i>	SWIMMING <i>GC Aquatic Centre Pierce, Shane & Brad</i>		SWIMMING <i>GC Aquatic Centre Pierce, Shane & Brad</i>	SWIMMING <i>GC Aquatic Centre Pierce & Russall</i>		
6:00am			STAIRS <i>Miami- Pierce</i>				
6:15am		BOARD SESSION <i>Club</i>		BOARD SESSION <i>Club</i>			
6:30am	OCEAN SWIM <i>Club</i>		OCEAN SWIM <i>Club</i>		OCEAN SWIM <i>Club</i>		RUN <i>Club</i>
7:00am						SKI- PADDLE BACK <i>Club -Pierce</i>	
						PARK RUN (Juniors) <i>Club- Brad</i>	
8:00am						BOARD/SWIM/RUN <i>Club Pierce, Shane & Russall</i>	
4:00pm	BOARD/SKI <i>Club Pierce & Russall</i>	SWIMMING (Junior) <i>GC Aquatic Club Bonita</i>	POOL RESCUE <i>GC Aquatic Centre Bonita</i>	SWIMMING (Junior) <i>GC Aquatic Club Bonita</i>			
		BOARD- PADDLEBACK <i>Club Pierce & Russall</i>					
4:15pm		RUN (Juniors) <i>Club- Brad</i>					
4:30pm				GYM <i>Club- Pierce & Shane</i>	BOXING <i>Club- Pierce</i>		
5:00pm	RUNNING <i>Club Pierce & Russall</i>	SWIMMING (Senior) <i>GC Aquatic Club Bonita</i>		SWIMMING (Senior) <i>GC Aquatic Club Bonita</i>			
5:30pm				YOGA <i>Club Nippers Shane Myers</i>			
6:00pm			RUN <i>Club</i>		RUN <i>Club</i>		

■ SENIORS

■ GENERAL & MASTERS

■ ALL

■ JUNIORS

■ JUNIORS & SENIORS