

## Training Session @ PMSLSC

*All members are welcome to join these groups to assist with improving their skills, fitness and to prepare for competition for more information contact PMSLSC - [competition@pmslsc.com.au](mailto:competition@pmslsc.com.au)*

Day	Session	Target Audience	Coach/Organisation
<b>Monday</b> Town Pool 5.30am  River Shed 6am start	Swim squad	Cadets/Masters/Adults	Smart Coaching (\$12 a session)
	Ski paddle session	U17 - Masters	TBC
<b>Tuesday</b> Flynns Beach 6am - 7am  Beach Session 6am - 7am  Town Pool 6pm	Board/swim	Nippers /Cadets	Larry Brook
	Board	Cadets/Masters	TBC
	Swim Squad	Masters/Adults/Cadets	Smart Coaching (\$12 a session)
<b>Wednesday</b> Town Pool 6.30am - 7.30am  Town Pool 6am  River shed 6am start	Swim session	Nippers	James Turnham (\$12 per session)
	Swim Squad	Cadets/Masters	Smart Coaching (\$12 per session)
	Ski paddle session	U17 - Masters	

DAY	SESSION	TARGET AUDIENCE	COACH/ORGANISATION
<b>Thursday</b> Flynns Beach 6am - 7am  Flynns Beach 6am - 7am  Town Pool 6pm	Board/swim  Board  Swim Squad	Nippers/Cadets  PMSLSC Cadets/ Adults/Masters  Cadets/Masters/Adults	Larry Brook  TBC  Smart Coaching (\$12 per session)
<b>Friday</b> Town Pool 6am  River Shed 6am start	Swim Squad  Ski paddle session	Cadets/Adults/Masters  U17- Masters	Smart Coaching (\$12 per session)
<b>Saturday</b>  Flynns Beach Time - TBC  Flynns Beach 9am	Ironman: Ski/Board/Swim session  Board/swim session	Masters  Nippers/Cadets	TBC  Larry Brook
<b>Sunday</b> Flynns Beach Marshall at 10.15am for 10.30am start  Flynns Beach 8.15am	Club swim  Nippers Day	All Club members  Nippers	Tony Wright  Various club activities JAC/Age Manager

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