



Training

Monday

Tuesday

- Board Training – U/9 to Masters – 5.30pm – 6.30pm

Wednesday

- Iron Man Training – U/11 to Masters – 5.30 – 6.30pm

Thursday

- 2 Person R&R – 5.30pm

Friday

- Board Training – U/9 to Masters – 5.30 pm – 6.30pm
- Lifesaving – First Aid, Champion Lifesaver, Patrol Comp - 7.00pm

Saturday

- Ocean Swim Training – U/9 to Masters – 8.00am – 9.00am

Sunday

- 5 Person R&R training – 7.30am
- Handicap swim – 8.00am – All Members
- Nippers - 9.00am

Note: Beach Training to be advised

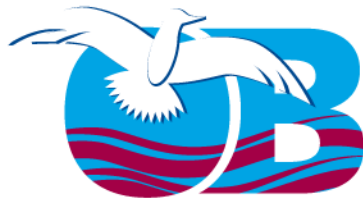
‘VIGILANCE & SERVICE’

Ocean Beach Surf Lifesaving Club Inc.

Trafalgar Avenue, Umina Beach, NSW 2257. Address all correspondence to: PO Box 156, Woy Woy, NSW 2256

Affiliated with Surf Life Saving Australia Ltd • Surf Life Saving NSW Inc. • Surf Life Saving Central Coast Inc

ABN 27 871 986 250 Incorporation No. Y12258 - 41



OCEAN BEACH SLSC

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