

Age & Senior Surf Squads

(Please note: That there will be no training on Public Holidays)

Age Surf Squad (Location: Iona Pool)					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM			Swim: 6:00am-7:00am (Iona)		Swim: 6:00am-7:00am (Iona)

Senior Surf Squad (Location: Scotch Pool)					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Swim: 5:30am-6:30am (Scotch)		Swim: 5:30am-6:30am (Scotch)		Swim: 5:30am-6:30am (Scotch)
PM		Swim: 6:30pm-7:30pm (Scotch)		Swim: 6:30pm-7:30pm (Scotch)	