

Moana SLSC Bulletin

Department of Sport, Recreation
and Communities



Proudly a recognised STARCLUB



Hi all Moey's

Welcome to this week's Moana Bulletin. Please see the notices for this week.

Ponder of the week



Information from the Chief Instructor

Please find important information for all Bronze and ART holder [here](#).

Have you got your free Hi Viz yet?

Don't forget as part of your membership you get a free Hi-viz. One for an active/Junior membership and two with a family membership. See Christine and the Apparel team on Saturday to collect yours.

Training Timetable

More coming soon...but for the time being

Seniors and Cadets/Youth

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards 6pm with Toby	HiiT with Jamie at 5.30pm all welcome	Swimming State Swim 7pm		Iron training 12pm with Harvey	Skis 8am with Harvey Boards with Max at 9am all welcome

Juniors

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards 5pm with Jamie	U13 and above HiiT with Max at 5.30pm all welcome	Swimming State Swim 6pm	Boards 5pm	Junior and Cadet boards 3pm with Jamie	

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The Moana SLSC Calendar

Our online live calendar can be found at <http://moanaslsc.com.au/moana-calendar/>

Nippers 1.30pm start and Mini Moes 3pm start is included in the calendar, but in the more section on a Saturday.

4 Recreation Day (Tasmania)	5 Melbourne Cup Day (Victoria) ● 18:00 Board training	6 ● 17:30 HiiT training - everyon ● 18:00 SPIN	7 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	8 ● 18:00 Friday night meals	9 ● 09:00 Moana ART course Cl ● 12:00 B Patrol - Full 3 more	10 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 C Patrol - Full
11 Remembrance Day	12 ● 18:00 Board training ● 18:30 BOM meeting	13 ● 17:30 HiiT training - everyon	14 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	15 ● 18:00 Friday night meals	16 ● 12:00 D Patrol - Full ● 12:00 Iron person training 2 more	17 ● 07:30 Nipper Carnival 1 ● 08:00 Ski training 2 more
18	19 ● 18:00 Board training	20 ● 17:30 HiiT training - everyon	21 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	22 ● 18:00 Friday night meals	23 ● 12:00 F Patrol - Full ● 12:00 Iron person training 3 more	24 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 G Patrol - Full
25	26 ● 18:00 Board training	27 ● 17:30 HiiT training - everyon	28 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	29 ● 18:00 Friday night meals	30 Regee Night ● 12:00 A Patrol - Full 3 more	Dec 1 ● 07:30 Youth Carnival ● 08:00 Ski training 2 more

If you would like to include anything in the Bulletin, please email secretary@moanaslsc.com.au or text 0427197260. 5th November 2019.