

# Moana SLSC Bulletin

Department of Sport, Recreation  
and Health



Proudly a recognised STARCLUB



Hi all Moey's

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

## Winter Training Timetable

More coming soon...but for the time being

### Seniors and Cadets/Youth

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards <b>6pm</b> with Toby	Hiit with Max at <b>5.30pm</b> all welcome	Swimming State Swim <b>7pm</b>		Iron training <b>12pm</b> with Harvey	Skis <b>8am</b> with Harvey Boards with Max at <b>10am</b> all welcome

### Juniors

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

## Nippers

# Nippers

It's all about to happen, get you beach gear out and head to Moana

First Nipper Saturday training is on Saturday 19<sup>th</sup> October

Registrations and Apparel will be open from 1pm

Sign at 1.30pm (Parent must sign child in and out of training session)

Please bring a wetsuit if the weather is a bit cool.

**Remember if you have not done your Pool swim Proficiency you will not be able to go in the ocean**

Junior board training will commence this week. Tuesday and Friday 5 pm. All welcome, you must have pool proficiency signed off.

# Moana SLSC Bulletin

*Ponder of the week*



*Date for your diary*

SUMMER SESSIONS @  
**MOANA  
SLSC**

**SaltWater**

SURF BAND  
SUPPORTED BY  
LEAH & BILLIE  
MUSIC DUO

**23 NOV**  
2019

MEALS AVAILABLE FROM 6.00PM  
\$2.00 ENTRY

# Moana SLSC Bulletin



## 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.

14	<b>15</b> <ul style="list-style-type: none"> <li>18:00 Board training</li> </ul>	16 <ul style="list-style-type: none"> <li>17:30 HiiT training - everyone</li> </ul>	17 <ul style="list-style-type: none"> <li>18:00 (No title)</li> <li>18:00 Junior Swimming</li> <li>19:00 Senior's swimming at</li> </ul>	18 <ul style="list-style-type: none"> <li>18:00 Friday night meals</li> </ul>	19 <ul style="list-style-type: none"> <li>12:00 C Patrol - Standby</li> <li>12:00 Iron person training</li> <li>2 more</li> </ul>	20 <ul style="list-style-type: none"> <li>08:00 Ski training</li> <li>10:00 Board and Ski training</li> <li>12:00 D Patrol - Standby</li> </ul>
21	22 <ul style="list-style-type: none"> <li>18:00 Board training</li> </ul>	23 <ul style="list-style-type: none"> <li>17:30 HiiT training - everyone</li> </ul>	24 <ul style="list-style-type: none"> <li>18:00 (No title)</li> <li>18:00 Junior Swimming</li> <li>19:00 Senior's swimming at</li> </ul>	25 <ul style="list-style-type: none"> <li>18:00 Friday night meals</li> </ul>	26 <ul style="list-style-type: none"> <li>12:00 E Patrol - Standby</li> <li>12:00 Iron person training</li> <li>2 more</li> </ul>	27 <ul style="list-style-type: none"> <li>08:00 Ski training</li> <li>10:00 Board and Ski training</li> <li>12:00 F Patrol - Standby</li> </ul>
28	29 <ul style="list-style-type: none"> <li>18:00 Board training</li> </ul>	30 <ul style="list-style-type: none"> <li>17:30 HiiT training - everyone</li> </ul>	31 <ul style="list-style-type: none"> <li>18:00 (No title)</li> <li>18:00 Junior Swimming</li> <li>19:00 Senior's swimming at</li> </ul>	Nov 1 <ul style="list-style-type: none"> <li>18:00 Friday night meals</li> </ul>	2 <ul style="list-style-type: none"> <li>12:00 G Patrol - Full</li> <li>12:00 Iron person training</li> <li>3 more</li> </ul>	3 <ul style="list-style-type: none"> <li>08:00 Ski training</li> <li>10:00 Board and Ski training</li> <li>12:00 A Patrol - Full</li> </ul>

If you would like to include anything in the Bulletin, please email [secretary@moanaslsc.com.au](mailto:secretary@moanaslsc.com.au) or text 0427197260. 15<sup>th</sup> October 2019.