

Moana SLSC Bulletin

Department of Sport Australia
Part of Recreation and Sport



Proudly a recognised STARCLUB



Hi all Moey's

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

Membership deadline

If you have not paid your membership by 31st October you will not be permitted to patrol or train, as you will not be covered by our insurance. Please [pay online here](#), prices can be [found here](#).



Want to do First Aid or ART?

ART (no prerequisites) at Moana SLSC on Saturday 9th November 9am start, with a full day and the assessment at the end of the day.

First Aid Sunday 10th November at Port Noarlunga. \$105 for clubbie, \$50 if you are doing the Bronze at the moment. Register online <https://www.surflifesavingsa.com.au/>

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 10am 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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Ponder of the week



“The big secret in life is there is no secret. Whatever your goal. You can get there if you're willing to work.”

OPRAH WINFREY

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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.

21	22 ● 18:00 Board training	23 ● 17:30 HiiT training - everyon	24 ● 18:00 (No title) ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	25 ● 18:00 Friday night meals	26 ● 12:00 E Patrol - Standby ● 12:00 Iron person training 2 more	27 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 F Patrol - Standby
28	29 ● 18:00 Board training	30 ● 17:30 HiiT training - everyon	31 ● 18:00 (No title) ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	Nov 1 ● 18:00 Friday night meals	2 ● 12:00 G Patrol - Full ● 12:00 Iron person training 3 more	3 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 A Patrol - Full

If you would like to include anything in the Bulletin, please email secretary@moanaslsc.com.au or text 0427197260. 22nd October 2019.