

Ocean Athlete Training:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Whangamata Pool 7am	Beach Swim 8:15am @ Club	Swim Whangamata Pool 7am	Swim Whangamata Pool 7am	REST	Run/Beach Swim 8:15am @ Club ORCAS ONLY	Orcas Surf Skills/Ski 8am
10am Beach Events		10 am Beach Events		REST		Development Squad Surf Skills/Ski 9am
	Board Development Squad 12pm		Development Squad Board 12pm		Changeovers 12pm	
Orcas Board 1pm	Orcas Board 1pm	Rescue Events 1pm	Orcas Board 1pm	REST		

	All Ocean Athletes
	Development Squad Only
	Orcas Only

If you have any questions please contact Dan

dangrant@ihug.co.nz

027 525 7101

Or pop into the office Saturday to Thursday