



Senior Water (U15 – Opens) December 2016

| December 2016 |
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| <u>Upcoming Events</u> |
| 3 rd Dec: Sydney Water & Shellharbour |
| 3 rd Dec: Cronulla Ski Challenge |
| 10 th Dec: Interbranch |
| 17 th Dec: North Cronulla Carnival |

| Day | Time | Session | Location | Coach |
|-----------|--------------------------------|---------|-----------------|--------------|
| Monday | 5:30 AM | Swim | Caringbah Pool | Dan Neilson |
| | 5:00 PM | Ski | Cronulla Beach | Hayden Allum |
| Tuesday | 5:00 PM | Board | Cronulla Beach | Hayden Allum |
| Wednesday | 5:30 AM | Swim | Caringbah Pool | Dan Neilson |
| | 5:00 PM | Iron | Cronulla Beach# | Hayden Allum |
| Thursday | 5:30 AM | Ski | Cronulla Beach | Hayden Allum |
| | 5:00 PM | Board | Cronulla Beach | Hayden Allum |
| Friday | 5:30 AM | Swim | Caringbah Pool | Dan Neilson |
| Saturday | 9:00 AM | Iron | Cronulla Beach | Hayden Allum |
| Sunday | Rest – Sunday Races @ the club | | | |

The location of Iron Session may change. Updates will be sent on TeamApp.