

November – Senior Training Schedule

U17 - Open

November	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski 6am	Swim	Swim	Ski Club 6am	R E S T
						Iron Club 7.30am	
P.M	Ski Club 4.30pm Beginner Ski C/Tree 4.30pm	Board Canal 4.30pm	U17 – Open Transitions 4.30pm Club	Board Club 4.30pm	Ski Club 4.30pm Beginner Ski Gym 4.30pm	Mixed Session 3pm Club	

The real person smiles in trouble, gathers strength form distress and grows brave by reflection.....

November - Youth Training Schedule

U11 - 15

November	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim Board U11-14 Club 6am	Swim	Iron U11--14 Club 9am	N I P P E R S
P.M	Rest	Board U11-14 Canal 4.30pm	Iron U14/15 Club 4.30pm	Rest	Board U14/15 Club 4.30pm	Mixed Session U14/15 Club 3pm	