

- Training sessions subject to surf conditions and any cancellations will be communicated via the relevant WhatsApp group
- Sessions are open to all proficient SRC and Bronze medallion holders.
- For ALL communications request to be added to the relevant WhatsApp a group by emailing [surfsports@brontesurfclub.com.au](mailto:surfsports@brontesurfclub.com.au)

Board and swim Training is complimentary, members must purchase the following high vis training gear:

- Board training Pink high vis vest or fluro "Surf Team" Training Rashie \$25 – purchase from the office
- Swim training pink silicone cap \$10 – purchase directly from Garry prior to swim sessions

\* Pilates is \$15 a session – is for U13 up only payable at the start of the session by card

\* Ski training is available via Sydney Harbour Surf Club with various sessions run 5.35am-10am every weekday – refer to their website for details

Legend	Squad	Coach	For who
	Beginner and refresher board training	AM: Jackson Raymond PM: Phil Leamon	Proficient SRC & Bronze new to boards or keen to get back on boards These are run in 6 weeks blocks and must be signed up for in advance <a href="#">sign up here</a>
	Intermediate Board Training	Dave Finnimore	Proficient SRC & Bronze board paddlers confident in wave negotiation with reasonable fitness
	Advanced Fitness & Iron Training	Jackson Raymond	Proficient SRC & Bronze Intermediate skills and fitness level wanting to improve and challenge themselves
	Surf Swimming	Garry Luscombe	Proficient SRC & Bronze <b>Back in the Ocean:</b> Thursday Morning 6-7am (Thursday 24 <sup>th</sup> Sept to Thursday 29 <sup>th</sup> October) <a href="#">sign up here</a>
	Bronze Medallion Group training	Various club trainers	Bronze medallion trainees throughout course duration.
	Pilates	Harries	All aged 13 and over. Fee of \$15 payable on the day by card
	Ski training (fee to external provider)	Luke Horder	All (ski, paddle & lifejackets provided) visit <a href="#">Sydney Harbour Surf Club</a> for details
	Sand Running	Maca Navarrete Balart	All members welcome
	Sunday Joggers	Martin & Judy Green	3.6km road run to Bondi Icebergs and back. Everyone welcome, all ages, handicapped timing system. Register upstairs in front of the surf club.

# BRONTE SURF CLUB SRC & BRONZE MEDALLION MEMBER TRAINING

SEPT – DEC 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6-7am SRC Course Boards		6-7am SRC Course Boards		
AM	5.45 – 7am Back on Boards 6 weeks @ Bronte 6 weeks commencing Monday 14 <sup>th</sup> Sept	5.45 – 7am Intermediate Boards @ Bronte ongoing	6 - 7am Ocean Swimming @ North Bondi ongoing	6 - 7am BACK IN THE OCEAN Swimming @ North Bondi 6 week block 24 Sept -29 Oct	5:50 – 7am Advanced Fitness & Iron Training Commencing Friday 18 <sup>th</sup> Sept	8 –10am Sept – Nov Sept Bronze Course Board & Water Training @ Bronte commencing Saturday 12 <sup>th</sup> Sept	11.15am Surf Race @ Bronte Commencing Sunday 27 <sup>th</sup> Sept
	6 – 7am Sand Running @ Bronte ongoing	5:50 – 7am* Pilates with Harries @ Bronte Surf Club ongoing		6-7am Bronze Trainee Board Training @ Bronte Commencing Thursday 9 <sup>th</sup> Sept	5.50am – 7am * Pilates with Harries @ Bronte Surf Club Ongoing		
	Ski Paddling *	Ski Paddling *	Ski Paddling *	Ski Paddling *	Ski Paddling *		
PM				12.30 -1.15pm Ocean Swimming @ Bronte Commencing Thursday 17 <sup>th</sup> Sept		2-4pm Oct/Nov Bronze Course Board & Water Training @ Bronte	Bronte Joggers Sunday 4.30pm Commencing 27 <sup>th</sup> Sept
		4.30 – 5.30pm Back on Boards 6 weeks @ Bronte with Phil Leamon commencing Tuesday 15 <sup>th</sup> Sept		TBC: 4.30-5.30pm Cadet Water Training with Jason Gavin		3-4pm Sept / Oct Nipper Board Training	4 – 5pm Intermediate Boards @ Bronte ongoing