

## KURRAWA SLSC | 2023/24 POOL RESCUE TRAINING PROGRAM (commencing 28th April 2024)

IMPORTANT DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1 June   Gold Coast Comp</b> <b>15 June   Brisbane Comp</b> <b>13 &amp; 14 July   States - Gold Coast NO TRAINING</b> <b>2-4 August   Aussies - Gold Coast NO TRAINING</b>							<b>9am-10am</b>  <b>POOL RESCUE TRAINING SESSION</b>  <b>U10 - Masters</b>  <b>Miami Aquatic Centre</b>
IMPORTANT NOTES							
<b>MUST</b> bring fins/flippers							
<b>MUST</b> be a 2023/24 Kurrawa Financial member							
Join " <b>Kurrawa SLSC Pool Rescue</b> " group on Facebook	Recommended Swim Session	Recommended Swim Session	Recommended Swim Session	Recommended Swim Session	Recommended Swim Session		
Recommended <b>4-5</b> swimming sessions per week							
Swim caps and goggles can be purchased from Kurrawa Reception							
COACH CONTACT							
Kaia Sugars   0436277360							