

TRAINING TIMES



North Cronulla SLSC
NIPPERS
Junior Activities Group

FREE FOR ALL
NIPPERS

SKILLS &
ENDURANCE
TRAINING

STARTS 16 OCT 2018

BOARD

BAY

THURSDAYS
4:30-5:30PM

GUNNAMATTA

SURF

TUESDAYS
6:15-7:30AM

NC BEACH

practice
makes
progress

SWIM

FRIDAYS
6:15-7:30AM

NC BEACH

with
cammo

FLAGS

WEDNESDAY 4-5PM

NC BEACH

PARENTS
WITH BRONZE
MEDALLION
NEEDED FOR
WATER SAFETY

SPRINTS

FRIDAYS 4:30-5:30PM

TONKIN OR GREENHILLS

CONTACTS
BOARD & SWIM
BROOK FLEMMING
0408 750 742

FLAGS & SPRINTS
DAVID HAGGART
0419 436 488
ARMANDO ROGAS
0423 012 851



FOR UPDATES & NOTIFICATIONS JOIN

#NCHOTSHOTZ



FOR SPRINT TRAINING UPDATE GET TEAM APP

NC NIPPERS SPRINTING