

## CRONULLA CRAYS - OCT/NOV 2019 TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>SPRINTS</b> <b>TONKIN OVAL</b> ALL AGES 4.30-5.30PM		<b>SPRINTS</b> <b>CRONULLA</b> U8-12 4.30-5.30PM  U13-14 5.30-6.30PM	<b>FLAGS</b> <b>CRONULLA</b> ALL AGES 4.30-5.30PM	<b>SAND HILLS</b> <b>WANDA HELI PAD</b> ALL AGES 8AM	<b>NIPPERS DAY</b>
	<b>BOARD TRAINING</b> <b>CRONULLA</b> U9-13 4.30-6.00PM		<b>BOARD TRAINING</b> <b>CRONULLA</b> U9-13 4.30-6.00PM		<b>SURF / IRONS</b> <b>TBC</b>	<b>NIPPERS DAY</b>

**NOTES:**

**PROGRAM EFFECTIVE MONDAY 14TH OCTOBER 2019**

**SATURDAY SAND HILLS RUN ON NON CARNIVAL DAYS**



CRONULLA SURF LIFE SAVING CLUB