



BOARD TRAINING

When is it on –

- Tuesday 7am-8am (intermediate level and over only)
- Thursday afternoon 4pm-4.30pm (beginners only)
- Thursday afternoon 4.30 – 5.30pm (intermediate level only)
- Saturday morning 8am -9am (all levels)

If you are unsure of your level please contact Michio

Who is it for

- Under 9s and 10s – foam boards
- Under 11s,12s, 13s – fibreglass short boards
- Under 14s – fibreglass long boards

What to bring

- Goggles, pink singlet, wetsuit (if it is cold)
- PARENTS – must be in attendance

How to stay in touch

Michio, Coach – 0488 668 767

WhatsApp board training group – talk to your age manager