

DSLSC Training Schedule

Monday – Ski @Bluff 4:30 - 5:30pm + running.

Tuesday – Board @ Bluff 4:30 - 5:30pm.

Wednesday – Ski @Coles 4:30 - 5:30pm.

Thursday – Rest.

Friday – Multidiscipline @Bluff 4:30 – 5:30pm.

Saturday – Parkrun + Ski @Bluff 8:00am run, 9:00am -10:30am ski.

Sunday – Board @Location with swell (Ad hoc at this stage, check Facebook)

Please make the effort to be ready for these on the water times to ensure training gets underway and completed in a timely manner.

Expect not to be ready for pick up before 6pm Monday to Friday.

Board training is for U14 and up.