

<p>This is a weekly outline of Redhead SLSC sessions for Craft and Ironperson competitors from Nov through March. If you are an Ironperson or swimmer, swim mornings.</p>	<p>For Information Ph. Coaching Coordinator Boyd Conrick on 0421169732.</p>
<p>Monday AM</p>	<p>PM SKI 5pm Swansea Channel</p>
<p>Tuesday AM</p>	<p>PM Board 5pm at Green Pt, Belmont. Bring run shoes for short off-road RUN.</p>
<p>Wednesday AM</p>	<p>PM SKI 5pm Swansea Channel</p>
<p>Thursday AM</p>	<p>PM Board 5pm at Redhead Beach. Then beach RUN.</p>
<p>Friday AM</p>	<p>PM Board and Swim Starts and skills. 5pm at Redhead Beach.</p>
<p>Saturday AM SKI 7am Swansea Channel</p>	<p>PM Ironman Session 3.30pm at Redhead Beach. This session won't be on if there is a local carnival on Saturday OR Sunday. Caters for surf swimmers also.</p>
<p>Sunday AM</p>	<p>PM</p>