

MIDLAND SURF LIFESAVING

ARE HOLDING A BEACH / SEA TRAINING DAY ON
SUNDAY 6TH FEB 2011 AT BARRY ISLAND, WALES
STARTING AT 10 AM AND FINISH AROUND 16.30.

THE BEACH SESSION WILL BE STRINT, SPRINT
STARTS, BEACH FLAGS AND STARTS AND RELAYS
DEPENDING ON NUMBERS.

THE SEA SESSION YOU WILL GET SOME
INSTRUCTION ON BALANCE AND PADDLING A SURF
SKI AND THE SAME ON A PADDLE BOARD AND
PLENTY OF TIME TO PLAY.

THERE IS A SMALL CHARGE OR £5 PER PERSON AND
A MINIMUM OF 15YRS OF AGE AND MUST BE A
COMPETANT SWIMMER.

THERE WILL BE FURTHER ROADSHOW FOR THE
YOUNGHER AGE GROUPS LATER IN THE YEAR

CONTACT JOHN ON 07714 256806 OR EMAIL US ON
[MIDLAND.SURF@HOTMAIL](mailto:MIDLAND.SURF@HOTMAIL.CO.UK) .CO.UK TO CONFIRM
YOUR PLACE.

