



TRUST WAIKATO LIFEGUARD SERVICES INC

WORK
HARD.
HAVE
FUN.

Training Sessions with Head Coach Ben Parker & Assistant Coach Mason Pickering

Start Times	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am					Senior Sport	
10am					Pool Swimming^	
12:45pm						Senior Sport
4:45pm	Senior Run <small>(self-directed, 45 min aerobic)</small>			Senior Sport	Senior Fitness	
5:30pm				Ocean Swim Series		
6.15pm		Senior Ski	Senior Board			
6:45pm					Sports for LG*	

Session times indicate start of training. Please arrive 15 minutes earlier to ensure you are ready to start training on time. Hi-vis vests are compulsory. ^Once we have access to a pool, we will start all pool swimming sessions, otherwise Saturday pool will be replaced by a beach session.

*Fun, fitness, games for all lifeguards