Monday
- Circuits. Lead – Danny Marsh. 1hr 30minute session. (30min run first, hour circuits)
- Ski Ergo Nipper Juniors. Lead – Simon Garbett. 45minute session.

Tuesday
- Rowers. Lead – Tessa Theobald. 1hr 30minute session.
- Run & Box. Lead – George Haynes. 1hr 30minute session.

Wednesday
- Swimming. Lead – George Haynes, 1hr session.
- Ski Ergo Groups. Lead – Simon Garbett, 2 x 45minute technique session.

Thursday
- Swimming. Lead – George Haynes & Rob Phillips. 1hr 30minutes.
- Ski Ergo. Lead – George Haynes & Simon Garbett. 1hr session.

Friday
- Nippers. Lead – Danny Marsh. Groups from 5.30pm - 8.30pm.

Saturday
- Paddling. Lead – George Haynes, Simon Garbett & Rob Phillips. Weekly FB updates to discuss time and location.
- Rowers. Lead – Tessa Theobald. 2hr session.

Wednesday, Ski Ergo Groups – Youth.
We are extremely lucky to have a range of top quality coaching. We are passionate about making this inclusive for our whole youth age group and invite all youth to take part in this session if you wish.
Our aim is to create a few groups of 5 members to take part in a technique session once every few weeks, depending on numbers interested. This will help your paddling immensely. Once in a group, coaches will stay in communication in regards to next session.
We ask you, if this is of interest to please pass on your name and age to George Haynes (will be at the Youth Swimming Thursday nights) to be placed in an Ergo Group. Groups will need to be completed by Friday, 26th January. Please pass on message.

Saturday, Ski Ergo Day (if conditions are bad).
This will be based on conditions. If conditions are bad, coaches can decide to run a ‘Ski Ergo Day’. Our Ski Ergo Groups will then be contacted a time in which a 45minute session will take place. The first group being early morning and hopefully finishing late morning.

With regards to timetabled sessions - please get in contact with ‘Lead’ if you wish to find out more. This program will start Monday 29th January 2018. This program will be in place until April.
Please check your specific FB groups daily for updates.
- Portreath Surf Boat
- Portreath Nippers
- Portreath Youth Squad
- Portreath Open Squad
- Portreath Masters
- Portreath Surf Life Saving Club

Something I am looking to push this year is our 13+ Squad group. This will be for everyone over the age of 13 years (Nipper Junior Competitor, to oldest Master) with their sufficient competencies, hoping for a large group. The session will cater for all abilities.

Any questions don’t hesitate to contact me via Facebook or ghaynes1@hotmail.co.uk

George

[](https://www.facebook.com/photo.php?fbid=1585574004871743&set=gm.1532157713547447&type=3)