



## **SEASON STARTS 10TH OCT**

**REGISTRATIONS FROM 11AM**

**JNR TRAINING SATURDAYS 12:45PM - 3PM**

POINT MALCOM RESERVE, MILITARY ROAD, SEMAPHORE PARK, S.A. 5019

**COME AND TRY SESSIONS** available till 19th Dec

\$20.00 for 3 sessions (non consecutive sessions ok)

WHAT TO BRING: Long Sleeve Training Top, Broad Brimmed Hat, Sunscreen, Water Bottle, Bathers, Towel and Goggles.

**COME TO THE CLUB FOR OUR PRE-REGISTRATION SESSION  
ON FRIDAY 25TH SEPTEMBER 4PM TO 6PM**



**OR**

**SEE OUR COME AND TRY PAGE ON OUR WEBSITE**  
for more information, downloadable  
info sheets, and registration forms

<http://semaphoreslsc.com.au/nippers-come-and-try/>

Alternatively E-mail [registrar@semaphoreslsc.com.au](mailto:registrar@semaphoreslsc.com.au)