



SEASON STARTS 16TH 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 18th 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 8TH OCTOBER 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 jnrsecretary@semaphoreslsc.com.au