

# WSLSC NEWS



## MARCH 2019

Now Autumn has arrived I hope all members have enjoyed our wonderful club over the summer months. The recent hot afternoons have seen plenty of members loving the pool openings or beach for a chance to cool off. Our patrollers have done an outstanding service for the club and broader community to date, along with LSV paid lifeguards and Jet Ski Crews which were stationed at our club for the first time this season.

Once again, I would like to personally thank our volunteers and patrollers for volunteering your time at our rescheduled WOW Swim and the recent Big Bay Swim it was an fantastic to have so many people put their hands up again to help support both WSLSC and Williamstown Rotary. Both events could not have been a success without the help of our many volunteers.

The lifesaving journey was well underway for our youngest members with the nipper Club Championships which were held on the hot and sunny first Sunday of March. Parents and friends were treated to seeing our future lifeguards display their lifesaving skills. Thank you to all that assisted in running the program the feedback from families was overwhelmingly positive. We look forward to seeing our nippers return next season.

Many of our junior nippers also competed in the Victorian State Championships at Lorne and the R&R State Championships at Sandridge Beach in Port Melbourne. Unfortunately, many of the water events on the final day didn't go ahead due to conditions which was disappointing to many juniors from across the state – that's lifesaving for you – never know quite what conditions you'll get. Our senior team also did the club proud at States in Warrnambool over the long weekend with many fantastic results. Congratulations to all that represented the club.

As we go to press, fantastic news from Aussies with our U15 5 person R and R team winning bronze – well done girls!

Paul Sullivan, on behalf of WSLSC Board



Federal Member Tim Watts and Paul Sullivan learning all about R&R at a recent visit to our club.

## WOW WHAT A CHALLENGE!

Thank you to everyone who volunteered to help the WOW Challenge become a big success.

This year we attracted a new record number of paid registrations, 916, despite not featuring the state open water championships for the first time in four years.

The rescheduled WOW on 9 February was held in challenging conditions as usual, but our volunteers and most of our equipment handled the day well. There were plenty of swimmers returned to the beach and 15 minor first aid incidents, but no major medical issues.

The WOW Challenge delivers an increasing amount of vital funding to WSLSC every year. In 2018, we have secured four great new corporate sponsors – Beacon Lighting, Port of Melbourne, Alfie and Orca, plus retained our existing cash sponsor – The Kiosk. Very importantly, the WOW Challenge won two-year funding from the Department of Sport and Recreation. This recognises the status of the event as significant to Victoria and will allow WSLSC to keep investing. A big donation from Australia Post allowed us to pay for equipment to support the Multiclass event.

We have secured an international event for Williamstown - in March 2020, WSLSC will host the IGLA (International Gay & Lesbian + Aquatic) Open Water Championship open water swim. This is a money earner for WSLSC. This small event of very good swimmers will deliver about three times the income of the old Australia Day swim from about half the number of swimmers with no registration, bags, timing etc for us to handle.

This year, WSLSC upgraded event safety and emergency management protocols and increased the numbers and on water assets of our safety team. Our course is safer than ever before with a stable feeding station and technical deck for coaches and event officials. Swimmers can sight more easily and calculate the shortest route more effectively.

WOW Challenge event safety decision making protocols, including whether to proceed with the event at all on any given day, have been developed according to the latest standards and recommendations.

In 2019, we have pencilled in Saturday 14 December in for the WOW Challenge and Victorian Open Water Championship. Jordan Wilimovsky (USA, 2015 world champion) has already said he is coming. We also expect more than one Australian Olympian and top swimmers from the UK, Hong Kong and New Zealand.





## VOLUNTEER RECOGNITION

The Board recognises several members each month for their contribution to the club.

This month we'd like to thank Brad Tait, James Muller, James Frisby, Tom Fishley and Luke Newey for their perseverance in doing water safety on a board in trying conditions during the WOW Swim. We hope you enjoy your Sun Theatre voucher.

## NIPPER NEWS

### The Nippers season is done!

It has been an action packed February with both the State Finals in Lorne, R&R State Finals at Sandridge and our own Club Championships at Williamstown.

At Lorne, the March Past team put in a great effort and looked fab in the light of the rising sun. All our Nippers gave it their best with the U9 Girls and U13 Girls collecting a few medals along the way. Congratulations to everyone who took part and to all the parents that volunteered for duties throughout the competition season.

Club Champs were on Sunday 3 March and gave all our Nippers a go at a bit of healthy competition on our home sand. The Westpac chopper generously visited once again, and the Nippers were treated to a bit of first hand knowledge about details of chopper rescues on our Victorian coast. More than a few were amazed with the fact this impressive young chopper crew started out their lifesaving journey as young Nippers themselves! A perfect summer day, many stayed for the free sausage sizzle and hung around the pool for the afternoon to keep cool.

The season finished on a high with our annual Awards Presentation Dinner followed by dinner and socialising. Everyone in the Nipper Crew hopes that everyone has had a fantastic season and we look forward to seeing you all again next season. For those who are keen, keep an eye out for the winter pool comp to keep your Nippers up to speed for next season. We are always looking for people to get involved with nippers. If you're keen to find out more then please email

[juniors@williamstownslsc.org.au](mailto:juniors@williamstownslsc.org.au)





## Club Gear

We still have our amazing Merchandise available. Check out all the gear on our website and don't forget about the winter gear on offer. Beanies, track pants to match the hoodie and the fabulous deck parkas.

## PERTH TO ROTTNEST ISLAND CHANNEL CHALLENGE BY CHARLIE EVANS

This is the second year that I have chosen to swim the Perth to Rottnest Island Channel Challenge covering a course from Cottesloe Beach, Perth across to Rottnest Island. For those that have never considered a 20km swim this one is a classic and iconic Australian swim. The island sits over the horizon and is usually accessed via the regular ferry service, water taxi or pleasure craft. Rottnest Island is beautiful and sits in pristine blue Indian Ocean water surrounded by reef and sea grass.

The morning of the swim was still and warm with an air temperature of around 18c and water at 23c - perfect! There is nothing like the buzz and hype of a start line at 6am and experiencing a magnificent sunrise as the adrenaline starts to kick in. 3:2:1 GO!

First 500m find your Kayaker - tick  
First 1500m find your boat - tick  
Next 18,500m follow them - tick

At last year's event we had a current pushing us to the island which meant a fast 6 hour finish for me. This year was quite the opposite with a current of up to 2 knots pushing us in the opposite direction back to Cottesloe.

The 10km buoy took forever to arrive and this put real pressure on swimmers mentally and I had to keep reminding myself that everyone was in the same situation, fighting the same battle. Once the mind games were won, I was able to settle into another 7km of relatively comfortable swimming. The island looms up quickly near the finish and once you round Phillip Rock the course runs parallel to the island approximately 200 metres off shore. You can hear the finish line shenanigans and for me this is quite disruptive, and I always struggle in the last few kms of any race.

1km out from the finish a team boat dropped a relay swimmer right on top of me and this caused a little outburst from me including a little blue language. This swimmer zig zagged all over me to the finish line and I completely lost my rhythm and the end became a blur but at least I had forgotten how tired I was.

The joy of hitting the beach after a day in the water (7 hours) is immense and to have my wife and friends on the finish line was very special....the beer on the Ferry back to Freemantle was even better!

If anyone is considering this event, I highly recommend it and I plan to make another crossing in 2020. I would love to sit down and talk to anybody who needs a little push or encouragement to up their swimming numbers and enjoy the real benefits of endurance swimming.



A Rottnest local.

## CLUB CENTENARY

Williamstown SLSC will be celebrating 100 years in 2020. We are looking for people to join a planning committee to organise our celebrations. For more information contact Kaye Tomkins via [info@williamstownslsc.org.au](mailto:info@williamstownslsc.org.au)



## COMPETITION

### Juniors

The Nipper competition season has ended, finishing at Lorne on the 24-25 February. With a few cancelled or modified carnivals during the season, which left us with only Altona, Bancoora, Mordialloc and Lorne to have a hit out before the State Championships in Lorne.

Conditions were excellent on the first day of State Champs at Lorne with a good size wave. Our under 9s performed great as it was probably the biggest wave they have had in competition. LSV and Officials tried to get as many events as possible completed on the Saturday, knowing that conditions weren't going to be great the next day. Unfortunately, the turn in water conditions meant that water events were cancelled on the second day, which was a disappointment to many.

There were many great results from the whole team but a special mention to Marli McCarroll, Maya Brammer, Alex Schultz and Task Rourke for their medal achievements.

Thanks to everyone who has helped out across the season.



2019 WSLSC March Past team.

### **Rescue and Resuscitation State Championships – U10/11, U12/13 AND U14/15 2 Person, U15 5 Person.**

The Victorian State Championships for "R & R" 2 Person and 5 Person were held at LSV, Sandridge on Sunday 3 March. You may have seen our 6 junior/ youth teams practicing on the beach throughout the season. I am pleased to say that all the hard work and concentration paid off with 7 out of 7 teams having excellent performances and bringing home some bling.

Congratulations to:

U14/15 – Silver – Brydie Logan/ Mia McCarroll, Bronze – McKenzie Bull/ Chloe Phelan

U12/13 – Gold – Maddie Burton/ Lexie Martyn, Silver – Tash Rourke/ Sinead Sullivan

U10/11 – Gold – Evelyn Martyn/ Chelsea Patrick, Bronze – Sahara Bull/ Hayden Parker

U15 5 Person – Gold – McKenzie Bull, Brydie Logan, Alessandra Donnelly, Mia McCarroll, Charlotte Drake

Team of Year (R & R) – Sinead Sullivan/ Tash Rourke



## Seniors

It was an excited senior team of 22 that headed to Warrnambool for the Senior State titles. We started the competition with perfect weather, great racing and as always lots of support from club members who made the long trip to cheer us on.

There were some results that need a special mention. Tom Frisby has been competing since U9s, and over the years has had a lot of 4th places at States. This year he finally body surfed through to grab a silver medal in the U19 surf race, his first States medal. Zach Edwards Simes has pushed through many seasons without a team and won his first medal (silver) in a composite team in the U15 Cameron. A big congratulations to Tess Muller, who has made the State team in surfboats and won gold while competing for St Kilda.

A highlight of the weekend was that the club was able to enter a team in the pinnacle event at States, the 6 man taplin, maybe the first time Willy has entered this race, finishing a respectable 10th. Well done!

As always, thanks to our coaches Mark and Bruce, officials, IRB, water safety and parents for supporting the team.

## Results

### Senior States Results:

Open double ski: Brad, Paul 6<sup>th</sup>  
Open Board rescue: Tom, Brad 4<sup>th</sup>  
Open surf race: Tom 5<sup>th</sup>  
U19 surf race: Tom 2<sup>nd</sup>  
U19 taplin: Tom, Nick 4<sup>th</sup>  
U19 2 x 1km beach relay: Tom, Nick 4<sup>th</sup>  
U17 2 x 1 beach relay: Nick, Emmet 2<sup>nd</sup>  
U17 beach run: Nick 2<sup>nd</sup>, Emmet 6<sup>th</sup>  
U17 beach sprint: Emmet 6<sup>th</sup>  
U15 cameron relay: Zac, Will 2<sup>nd</sup>  
U15 flags: Will 3<sup>rd</sup>  
U15 beach sprint: Will 4<sup>th</sup>  
U15 beach run: 4<sup>th</sup>  
U14 beach relay: Luke, Liam, James 6<sup>th</sup>



## SURFBOAT UPDATE

A strong finish to the surfboat season for Williamstown Screammers, gaining experience from various sweeps at Victorian events.

The final race at Lorne Vic Masters saw the girls steam to the front of the field, placing first and ultimately winning bronze bling overall.

Masters men have had a quiet back end of the season, with a bit of body maintenance required, and are now on track for a build through the winter and a comeback planned for the 2019/20 season.



Many thanks to Marcus for the last few years coaching & sweeping. He is stepping down from the teams sweeping role so Willi are looking for any accredited sweeps keen to step into the role or former sweeps who want to pass on their knowledge to less experienced sweeps in order to continue training sessions.

With Nippers coming to a close, Sunday mornings are pencilled in for social rows. Any experience level welcome. Call Claire on 0438 920 807 if you want to join in.



## SOCIAL AND FUNDRAISING NEWS

Our limited club liquor license has now been approved. Stay tuned for future events and bar openings which will be posted on Team App. We hope to be able to utilise the license to provide more events as well as social gatherings. We have a small number of members who have their RSA and have registered their numbers with the club. If you are interested in doing yours and getting some experience on the bar, or if you have your RSA and are happy to do a couple of hours please send Sally a text on 0409 360 232.

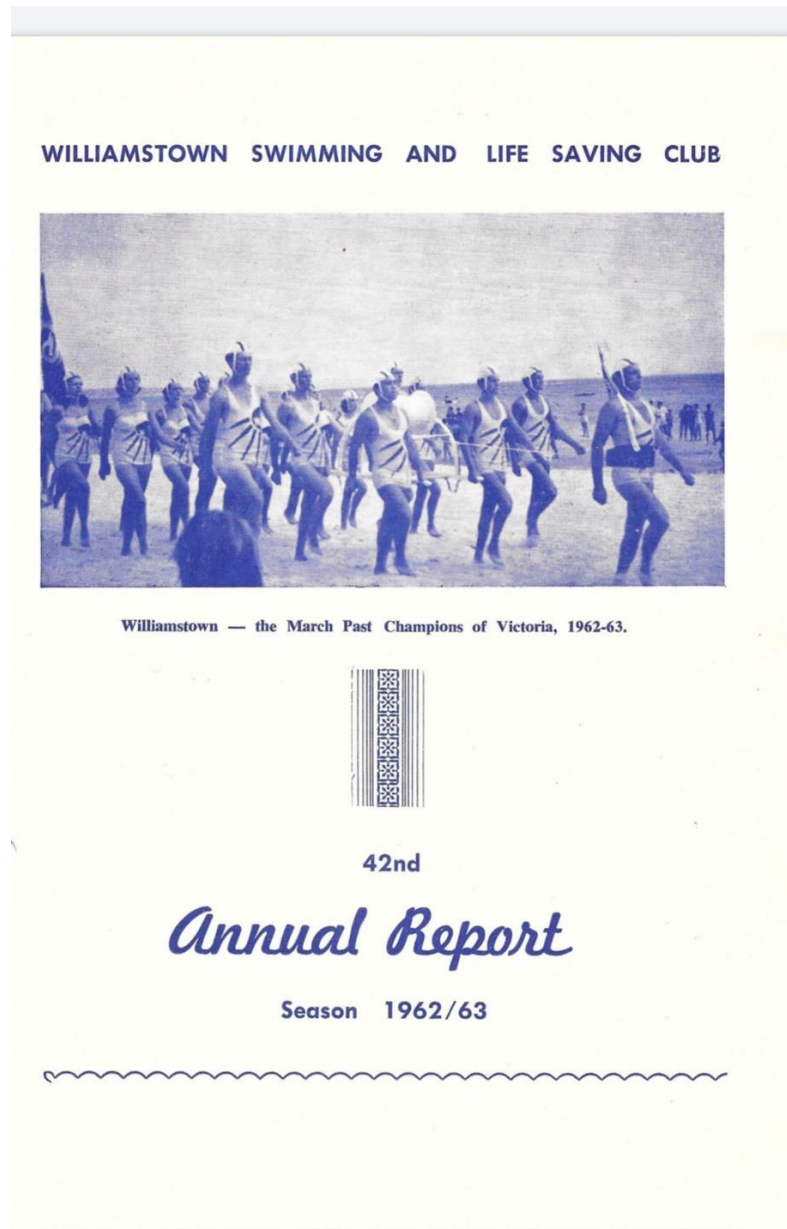
We hope to plan a major fundraising activity for the cooler months. If you would like to be involved or have some fun ideas please text Sally on the number above.

**Yarraville Grill'd Local Matters**

A special thank you to Simeone Trigger who arranged for the club to be included in Yarraville Grill'd monthly Local Matters competition. We ended up winning \$100 for the club!

## FROM THE ARCHIVES

The Club's annual report from 1962-63....the year the pool was built!



## ANNUAL REPORT

### Ladies and Gentlemen,

Your Committee has pleasure in presenting for your approval and adoption the 42nd Annual Report and Balance Sheet of the Williamstown Swimming and Life Saving Club.

The Committee and Office-bearers for the past year were as follows:

President: Mr. W. G. Tyrrell.

Secretary: Mr. F. R. Perram.

Asst. Secretary: Mr. F. Farr.

Treasurer: Mr. J. Doull.

Vice-Presidents: Messrs. W. Dooley, T. Marr, J. Meehan, M. Lovell, S. Wookey, E. Newgreen, W. Swaby, T. Webster, A. Stringer, G. McDonald, A. Grant.

Committee (Ladies): Mrs. I. Musicka, Miss R. Walton, Mrs. A. Farr, Miss J. Radford, Mrs. D. Gadd. (Men): Messrs. C. Martin, D. Briggs, P. Harper, M. Prime, D. Newington, D. Gadd, W. Harmon.

Trustees: Messrs. W. Dooley, J. Meehan, T. Marr.

Club Captain: R. Speakman. Vice-Captain: D. Newington.

Ladies' Captain: Miss R. Walton. Vice-Captain: Miss N. Speakman.

First Aid Captain: Mr. T. Farr.

Patrol Captain: Mr. P. Harper.

Mr. F. G. Thomas was elected President to fill the vacancy caused by the death of Mr. W. G. Tyrrell.

The 1962-63 season was a milestone in the history of the Club in many ways. Firstly it was the first full season of operation of our new Swimming Pool. Secondly, our membership increased almost 1000 to give the club a total membership of 2396. Of this total, 1888 are junior members under the age of 14 years.

This increase, although in itself was very gratifying, also placed a heavy workload on the Committee and Instructors of your Club. Again last season we suffered from a shortage of Senior Instructors for training our R. & R. teams and award candidates, the bulk of the work falling on Jack Meehan, Austin Stringer, Eugene Didenkowski and T. Farr, and later in the season Maurie Lovell was able to add his valuable experience to the senior training staff. Thanks

to our Gear Steward, Terry O'Toole, and our Patrol Captain, Peter Harper, who did a good job in rostering patrols on our beach, and we are happy to say no drownings occurred during the past season at Williamstown Beach, although assistance was rendered to several swimmers by our patrols. Thanks to Peter and all those who helped out in this respect.

### FIRST AID

The Club First Aid Officer, Tom Farr, had his assistants were kept busy during the past season treating in all 176 first aid cases. Of these, 17 accident cases were taken to hospital and 125 were treated for cut feet. With all this treatment being carried out under difficulties in the Club kitchen, the Committee has high hopes of providing better first aid facilities in the near future.

### ROYAL LIFE SAVING SOCIETY CHAMPIONSHIPS

The Royal Life Saving Championships were held for the first time last season at Carrum. The Williamstown Club distinguished itself by winning the coveted title of "March Past Champions of Victoria."

Other victories were: Junior Girls R. & R. Championship, 1st. The team consisted of N. Speakman, P. Smith, R. Plowright, S. Jansen, R. Farr, L. Miller.

Women's R. & R. Championship, 2nd. Junior Boys' R. & R. Championship, 3rd. Williamstown was second in the aggregate points score for the Dunkling Shield.

GIRLS.—1st Under 18 Yrs. Swim Wade: Sue Jansen. 2nd Under 16 Yrs. Swim Wade: Lauris Miller. 2nd Alarm Belt Race (Women): Marilyn Jansen.

BOYS.—1st Under 18 Yrs. Swim Wade: Peter Boyle.

MEN.—3rd, Alarm Belt: E. Didenkowski.

BOYS.—1st, Under 18 Yrs. Swim Wade: Peter Boyle.

MEN.—3rd, Alarm Belt: E. Didenkowski.

### MELBOURNE SUBURBAN BEACHES ASSOCIATION (M.S.B.A.)

The M.S.B.A. consists of all Royal Life Clubs from Altona to Elwood. During the season, Williamstown proved itself to be top Club in all M.S.B.A. competitions held during the year. At the M.S.B.A. Sandridge Carnival, Williamstown won every swimming event on the programme. Other results were:

1st, Indoor Pool Aggregate, City Baths.

1st, Junior Life Saving Carnival, South Melbourne Beach.



### CLUB CHAMPIONSHIPS

The entries in the Club Championships were small compared to the number of qualified life savers available to compete. We hope to see more interest in these events next year. Results were as follows:

Men's Championship: 1st, A. Stringer.  
Women's Championship: 1st, Miss Sue Jansen.  
Swimming Championships. — Men's: A. Stringer. Women's: R. Plowright. Inter. Boys': D. Ogilvie. Inter. Girls': P. Smith.  
Aggregate.—Men: A. Stringer. Women: R. Plowright.

### JUNIOR CHAMPIONSHIP RACES

Girls' Under 10 Yrs.: 1st, Judy Hewitt; 2nd, Jan Owen.  
Boys' Under 10 Yrs.: 1st, Paul Tyrrell; 2nd, Warren Clifton.  
Girls' Under 12 Yrs.: 1st Cheryl Morgan; 2nd, Jennifer Tyrrell.  
Boys' Under 12 yrs.: 1st Grant Clifton; 2nd, Denis Hewitt.  
Boys' Under 14 Yrs.: 1st, Roger Saker.

### LIFE SAVING AWARDS

With a total number of 602 Life Saving Awards, Williamstown were second to Mordialloc in this season's Club Premiership. Awards Instructor Tom Farr and his assistants did a remarkable job in training Club members up to examination standard. Remember, a Life Saving Club rises or falls according to the number of qualified Life Savers it produces each year, and it is the duty of members to keep themselves proficient by taking bars or higher awards each year. The awards obtained were as follows: Safe Swimmer, 127; Resuscitation, 87; Elementary, 83; Proficiency, 64; Intermediate Star, 67; Bronze Medallion, 80; Bar to Bronze, 22; Bronze Cross, 4; Bar to Bronze Cross, 1; Bar to Award of Merit, 3; Reel and Line, 33; Bar to Reel and Line, 16; Bronze Instructors, 9; Reel and Line Instructors, 6.

### LEARN TO SWIM CAMPAIGN

Despite changeable weather conditions, a willing band of Instructors, under the guidance of Mrs. Alva Turner, taught 800 children to swim at least 30 yds. The following number of Learn to Swim certificates were presented to successful candidates: 260, 30 yds.; 280, 50 yds; 260, 100 yds.

These instructors are to be congratulated on a fine achievement in teaching the children of our city one very necessary part of living—"Being able to Swim."

### SWIMMING POOL

The building of a teaching, training and testing swimming pool adjacent our clubhouse has been a great boon to club members and the youth of the City of Williamstown. Besides offering safe teaching and training facilities, the pool has greatly assisted in the training of members for Life Saving awards, and for testing candidates for 30 yds., 50 yds. and 100 yds. certificates. The swimming pool and club facilities were also made available to all schools in the Williamstown district on a rostered basis during the school week. Two Physical Education Department swimming instructors were assigned to instruct at the pool during these periods. This in itself fully justifies the building of the swimming pool. Another function of the pool has been to provide ideal coaching facilities for our swimming coach, Mr. Fred Thomas, and his assistants, who teach and train club members the finer points of swimming. This service is provided free to all members who wish to join the classes which are conducted during the swimming season.

### PARENTS' AUXILIARY KIOSK COMMITTEE

Chairman: Mrs. S. Baird.  
Secretary: Mrs. I. Musicka.  
Treasurer: Mr. T. Marr.  
Committee: Mesdames M. Hansen, E. Martin, T. Farr, R. Spencer, B. McTaggart, D. Gadd, T. Farr.

The members of the Kiosk Committee are a band of devoted members who work staffing our kiosk in an endeavour to raise funds in the interest of life saving. Without these funds, the successful running of a club such as ours would be very difficult. Most of the Kiosk Committee members have given many years of service, so I guess it must be a labor of love that keeps them on the job, particularly as the job is not always as easy as one would like. Thank you, members, for helping to keep the club ticking.

### SOCIAL COMMITTEE

Chairman: Mr. T. Webster.  
Secretary: Mr. P. Harper.  
Treasurer: Miss R. Farr.  
Committee: Misses N. Speakman, Y. Walton, H. Farr, S. Sadler, P. Smith, D. Newington; Messrs. B. Farr, J. O'Keefe, T. O'Toole, A. Rolley, K. Seal, C. Metcalf, A. Stringer.

The Social Committee have had a busy and fruitful year. Under the capable guidance of Tom Webster and the committee, numerous social

functions were conducted during the year. Early in the season a series of trial dances were held at the clubhouse. They proved so successful that currently dances are being held every Friday night. These are the type of activities that help to keep the club members together during the winter months. Congratulations to Tom and his Committee for a fine job.

Tom Webster by the way is also editor of our very popular Club magazine the "Aquanut."

#### APPRECIATION

Many thanks to the following who assisted in an honorary capacity during the past season :

Mr. A. J. Fowler (Solicitor).  
Mr. M. Power (Auditor).  
Mr. W. Swaby (Engineer).  
Dr. K. Harrison.

The "Chronicle," "Mail" and "Advertiser" for publishing of club notes; ABV2, GTV9, ABC, 3KZ, Herald-Sun and The Age for publicity.

The Mayor, Councillors and Officers of the Williamstown Council for their kindly interest and support, particularly in acceding to the request of the Club that the new swimming pool be named the "W. G. Tyrrell Pool," and for their co-operation in making it possible to hold the official naming ceremony in conjunction with our Life Saving Carnival held on the 17th February.

To our Donors for their financial support : Mr. D. Miller, Mr. L. Floyd, M.L.A., Kiosk Committee, Social Committee, Mr. M. Carpenter, Mr. W. Gibson, Mr. A. Newgreen, Mr. J. Foley, A.N.Z. Bank, James Seymour & Co., Mr. C. Morgan, Cr J. T. Gray, City of Williamstown, Royal Life Saving Society, Mr. A. Johnson.

#### OBITUARY

It is with deep regret that we record the death of our immediate Past President, Mr. W. G. (Bill) Tyrrell. Bill joined the Club when he was 15½ years old and at 18 years he was elected Club Captain. Except for service in the R.A.A.F. during the war, his associations with the Club were continuous. He represented Victoria in interstate Life Saving competition and also played football for Williamstown and Yarraville. He became President of the Club at 34 and held that position for 12 years until his death in 1962. Bill held many positions of importance in the Royal Life Saving Society and Surf Association of Victoria and his passing has left a gap in the sporting world that will be hard to fill.

To the following members who suffered bereavements during the year we extend our deepest sympathy : Mrs. I. Musicka, Mrs. W. G. Tyrrell and family, Mr. D. Buckland, Kaye and Ken Szal, Mr. R. Daly.

#### CONGRATULATIONS

To Miss Sue Jansen for once again being selected to represent Victoria in the Australian Life Saving Championships.

#### SECRETARY'S REPORT

In presenting this Annual Report, my personal observations over the past season have been very satisfactory, particularly as the Club had the responsibility of conducting our new swimming pool. During this, our first full year of operation, we learned many things concerning the running of a swimming pool and in the coming season we hope to use the experience gained for the benefit of all concerned. Our balance sheet and statement speaks for itself, so I won't dwell on the financial aspect of the Club affairs, but at this juncture I would like to say thanks to our Treasurer, John Doull, for his work in keeping the Club finances in a solvent state.

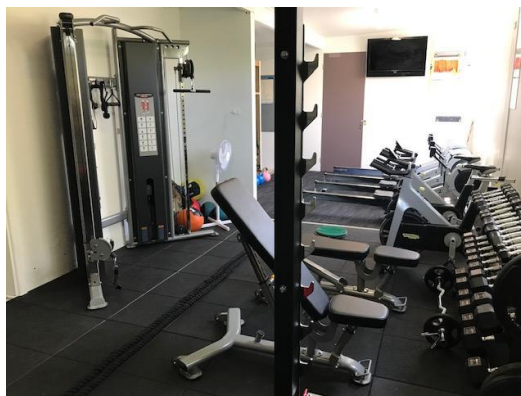
To our President, Fred Thomas, Assistant Secretary, Tom Farr, Jack Meehan, Tom Marr, Committee members and to all members who assisted during the year I give my personal thanks. Remember, a Club as large as ours cannot be a one-man show, but must operate as a team to achieve the desired result, so if the responsible members of the Club keep this in mind we at the Williamstown Swimming and Life Saving Club will continue to provide a safe and well-conducted Club for the training of our future citizens.

F. R. PERRAM, Hon. Secretary.

## GYM & FITNESS CLASSES

Have you been using our new gym? If not, it is free for all members (excluding children without supervision). Dave Ly from Top Boxing is in the process of preparing some generic programs for members to use to help them with a self-monitored program.

If you need a bit more motivation, why not come and try our Friday morning sessions from 6am. This is 45 minutes of strength and conditioning class guaranteed to get your muscles burning, and currently offering beautiful sunrises. There is also a small group that usually cools down with a short ocean swim. \$8 for members.



# WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB

## OUR PROUD PARTNERS



[www.williamstownslsc.org.au](http://www.williamstownslsc.org.au)

