



GOLD COAST
ACADEMY OF SPORT

2018 SURF LIFESAVING PROGRAM

SCHEDULE

| SEPTEMBER 2017 | PROGRAM | VENUE / TIME |
|----------------------------|---------------------|--|
| Wednesday 5 th | Training One | 4.30 - 5.30pm Practical – Kurrawa Beach 5.30 – 6.15pm Theory Session - PSYCHOLOGY |
| Wednesday 12 th | Training Two | 4.30 - 5.30pm Practical – Kurrawa Beach 5.30 – 6.15pm Theory Session – TIME MANAGEMENT |
| Wednesday 19 th | Training Three | 4.30 - 5.30pm Practical – Kurrawa Beach 5.30 – 6.15pm Theory Session – RECOVERY AND INJURY PREVENTION |
| Wednesday 24 th | Training Four | 4.30 - 5.30pm Practical – Kurrawa Beach 5.30 – 6.15pm Theory Session – SOCIAL MEDIA AND CYBER SAFETY |
| OCTOBER 2018 | PROGRAM | VENUE / TIME |
| Thursday 18 th | AWARDS NIGHT | RACV – 6.30pm |