

INTERVALS TRAINING 2006

NOW AT FLINDERS PARK, HILLARYS.

6.00pm start.

Sorry another change due to a Council directive – apparently too many activities are already being held at MacDonald Park. We have inspected Flinders Park and have found it to be more than suitable, so as from January 12th 2006, training will be held at Flinders Park, Broadbeach BVD, Hillarys. Our trainer/coach is Club Captain – Kim Vivian, so be prepared for some dynamic sessions. Those that attended Kim's first session, now have a new perspective on the song "12 days of Christmas", and for those that didn't attend – well you'll have to wait 12 months to find out how much "fun" we had. So it is welcome to Kim and a sincere thanks to him for taking over the coaching duties at short notice. Members please support these sessions to show your appreciation to Kim for giving up his time for the Club.

