Sandringham LSC

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Event Calendar

November 2026

01 — Sunday

No events

02 — Monday

08:30 — 09:30 Silver Salties Yoga - Mondays 8:30am

10:00 — 11:00 Silver Salties Yoga - Mondays 10am

03 — Tuesday

No events

04 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

10:30 — 11:30 CANCELLED Silver Salties 'Be Confident Swimming in the Bay'

16:30 — 17:15 Silver Salties Mindful Meditation & Sound Healing

05 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

06 — Friday

No events

07 — Saturday

No events

08 — Sunday

08:00 — 08:40 Sunday Community Swim 8am Wave

25 swimmers will be accompanied by 3-5 water safety crew on rescue boards as well as an inflatable rescue boat.

08:40 — 09:20 Sunday Community Swim 8:40am Wave

25 swimmers will be accompanied by 3-5 water safety crew on rescue boards as well as an inflatable rescue boat.

09:20 — 10:00 Sunday Community Swim 9:20am Wave

25 swimmers will be accompanied by 3-5 water safety crew on rescue boards as well as an inflatable rescue boat.

09 — Monday

08:30 — 09:30 Silver Salties Yoga - Mondays 8:30am

10:00 — 11:00 Silver Salties Yoga - Mondays 10am

10 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

11:30 — 12:30 Silver Salties Chi Gong with Catherine

11 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

10:30 — 11:30 Silver Salties 'Be Confident Swimming in the Bay'

12 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

13 — Friday

No events

14 — Saturday

No events

15 — Sunday

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16 — Monday

No events

17 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

11:30 — 12:30 Silver Salties Chi Gong with Catherine

18 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

10:30 — 11:30 Silver Salties 'Be Confident Swimming in the Bay'

19 — Thursday

No events

20 — Friday

09:45 — 10:45 Silver Salties Pilates

21 — Saturday

No events

22 — Sunday

No events

23 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays 9.30am

24 — Tuesday

Accessed at 11 Nov 2026 at 03:36:02

09:30 — 10:30 Silver Salties Tai Chi

11:30 — 12:30 Silver Salties Chi Gong with Catherine

25 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

10:30 — 11:30 Silver Salties 'Be Confident Swimming in the Bay'

26 — Thursday

No events

27 — Friday

09:45 — 10:45 Silver Salties Pilates

28 — Saturday

No events

29 — Sunday

No events

30 — Monday

No events

December 2026

01 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

02 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

03 — Thursday

No events

04 — Friday

09:45 — 10:45 Silver Salties Pilates

05 — Saturday

No events

06 — Sunday

No events

07 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays 10.30am

08 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

11:30 — 12:30 Silver Salties Chi Gong with Catherine

09 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

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No events

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12 — Saturday

No events

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No events

27 — Sunday

No events

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28 — Monday

No events

29 — Tuesday

No events

30 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

31 — Thursday

No events

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