

# Clubhouse Update

## Clubhouse OPEN Wed to Sunday

Club Office hours: Wed to Fri | 9am - 3pm

Weekends : 9am - 2pm

031 030 0190

Dear Members,

It was a cracker weekend for the club with perfect beach weather for Saturday and Sunday. If there was any doubt, summer is certainly here!

We're excited to confirm the dates for Santa's visit to PWSC this year. Our annual Kids Christmas party will take place on the 16th of December. More details will follow soon.

A friendly reminder for DSBC members that the AGM will be taking place on the 29th at 18h00.

There is a lot of action planned for this coming weekend.  
See below for below sections for details so that you don't miss out!



Grant Wessels  
General Manager



# Dates to Diarize

Dates to make note of this month. Mark your diary so that you don't miss the action.

- **23rd - 26th** DUC Sodwana Trip
- **25th - 26th** DSBC Boat Inspections
- **25th** DUCS League Swim
- **25th** SUP League Paddle
- **25th** Spearfishing Comp
- **26th** Live Music
- **29th** DSBC AGM



## Club Watersport Sections

As a member of DUC or DSBC, you are spoilt for choice on various watersports that are available to you. In the following sections, we'll highlight any special events for these watersports.

- Boating
- Environmental
- Fishing Ski
- Freediving
- Lifesaving
- Open Water Swimming
- Scuba Diving
- Spearfishing
- Stand Up Paddle
- Surf Ski
- Underwater Hockey
- Water Polo





# Social Activities

This coming Sunday, we have live entertainment with Igal from 13h00. We're also excited to announce the date for our annual Kids Christmas Party!



# Boating

Reminder for Boat Inspection this weekend. Get your boat's paperwork sorted out for the next year. Inspections taking place on the **25th and 26th of November**. If you wish to pay before the weekend please email [general@pwsc.co.za](mailto:general@pwsc.co.za) and request an invoice to be sent to you. Alternatively you can pay on the day at the admin office.



# Freediving

If you're curious to find out more about freediving, the next workshop will take place on the **9th of December**.

These hands on workshops are limited to 6 participants only. By the end of the workshop you'll have a basic understanding of freediving terminology & physiology. You'll also learn about your body's ability to hold your breath and how this can benefit daily life!

Contact Angie 082 874 1706

Introduction to Freediving  
Workshop .01

WHAT'S INCLUDED

- Basic theory
- Guided stretching
- Relaxation techniques
- Pool entry fee
- PDF Workshop Guide

BENEFITS

- Improved breathing patterns
- Reduced stress & anxiety
- Increased relaxation
- Improved mood, focus & self belief
- Improved skills for Ocean Experience

WHAT TO BRING

- Costume, towel, sunblock
- Notebook & pen
- Snorkel gear\*
- Bottle of water
- Good Vibes!

\*Gear can be rented via the DUC club. You will need a mask, snorkel & fins (weight belt optional).

S.A.I.T.

# Open Water Swimming

Ready to make a splash? The DUCS League Swim is rolling back around, and this time it's on **Saturday, 25th November 2023!** We can't wait to see our regular wave riders and welcome new swimmers to our ever-growing family.

And a shout out to our DUCS who took part in Captial K swim last weekend.



DUCS

DUC MONTHLY  
OPENWATER SWIM

1200M  
&  
2400M

25 NOVEMBER

PLACE: DUC  
TIME: 6:45 for 7:15am start  
ENTRY FEE: R65  
(Includes a Bacon & Egg Roll!)

REGISTRATION: Online entries only at [www.duc.co.za](http://www.duc.co.za)

DETAILS

WhatsApp Steve Evans on 082 855 5516 if you do not have a swimming number.

Online entries close on Friday 24 November 2023 at 1pm.

Please wear a cap & have your swimming number on your arm.

Further info: 082 855 5516  
evans.s@wre@cs.za

ALL WELCOME



# Scuba Diving

Some of our divers head off to the warm waters of Sodwana bay this weekend! We can't wait to hear all about it. This past weekend, a few divers headed out to No.1 for a dive.



Photo credit: Adrian Pearton

# Spearfishing

## 2023 DUC Open 5 Fish Species comp

<sup>st</sup> 1 prize: 110 RA carbon roller gun  
-valued @ R 8500!



**Awesome prize pool** -thanks to team @ **Rob Allen**

**Entry: R300** -incl t-shirt, boerie roll & beer

Provisional comp Date: **Sat 25th Nov**

**Venue: DUC** weigh in @ **15:00 sharp**

Entries close at 18:00, Thurs 23rd Nov

Queries: Chris West -0824404919



@ Tanya Nadault

# Stand Up Paddle

The DUC SUP League Monthly Paddle takes place this Saturday, 25 November.

For more info, contact Murray 083 635 9854



## DUC SUP LEAGUE Monthly Paddle



# Water Polo

DUC Water Polo now have three teams participating in the KZN Water Polo League. Games are played at the Northwood school pool on Thursday nights.

If you are interested or want to support your team, come watch!







FOOD & BEVERAGE

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# Kitchen Specials Menu

## ALL WEEK

Ribs n' Wings	R150
Big Daddy Breakfast	R95
Fish Stix	R86
Grilled Chicken, Avo, Pineapple & Prawn Salad	R98
PWSC Signature Pizza	R98
Line fish Mussel-cracker	R140

## VEGETARIAN OPTIONS

Basil Pesto Pasta	R85
Vegetable Stir Fry	R70

## WEDNESDAY 22 NOV

Tender Beef Curry	R110
Durban Style Mutton Curry	R110
Pulled Pork Quesadilla	R98

## THURSDAY 23 NOV

Roasted Pork Roll	R100
Southern Fried Chicken	R90

## FRIDAY 24 NOV

Fisherman's Eisbein	R98
Roasted Beef Topside	R100

## SUNDAY 26 NOV

PWSC Sunday Pork Belly	R120
American Meatloaf	R100
Mixed Berry Pudding	R45

