



## Session Timetable – March 2010

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beg. 01/03	<b>Swim Session</b> 7pm Cook Phillip Pool	<b>Ride Session</b> 6am Centennial Park  <b>Ocean Swim Session</b> 6.30pm Meet Bondi Bathers Surf Club	<b>Run (track) Session</b> 7pm ES Marks Kensington	<b>Ride Session</b> 6am Centennial Park  <b>Swim Session</b> 6pm Cook Phillip Pool	<b>Run/Strength Session</b> 6:30am <b>Bookings before 4pm Thursday *</b> Cook Phillip Pool	<b>Ride/Run Session</b> 6:30am Centennial Park  <b>Ocean Swim Session</b> 10:30am Meet Bondi Bathers Surf Club	<b>Ride Session</b> 6:00am Ride <b>Meet Cent. Park</b> <b>Bookings essential before 7pm Fri *</b>
Beg. 08/03	<b>Swim Session</b> 7pm Cook Phillip Pool	<b>Ride Session</b> 6am Centennial Park  <b>Ocean Swim Session</b> 6.30pm Meet Bondi Bathers Surf Club	<b>Run (track) Session</b> 7pm ES Marks Kensington	<b>Ride Session</b> 6am Centennial Park  <b>Swim Session</b> 6pm Cook Phillip Pool	<b>Run/Strength Session</b> 6:30am <b>Bookings before 4pm Thursday *</b> Cook Phillip Pool	<b>Ride/Run Session</b> 6:30am Centennial Park  <b>Ocean Swim Session</b> 10:30am Meet Bondi Bathers Surf Club	<b>Ride Session</b> 6:00am Ride <b>Meet Cent. Park</b> <b>Bookings essential before 7pm Fri *</b>
Beg. 15/03	<b>Swim Session</b> 7pm Cook Phillip Pool	<b>Ride Session</b> 6am Centennial Park  <b>Ocean Swim Session</b> 6.30pm Meet Bondi Bathers Surf Club	<b>Run (track) Session</b> 7pm ES Marks Kensington	<b>Ride Session</b> 6am Centennial Park  <b>Swim Session</b> 6pm Cook Phillip Pool	<b>Run/Strength Session</b> 6:30am <b>Bookings before 4pm Thursday *</b> Cook Phillip Pool	<b>Club Aquathon &amp; Ocean Swim Race</b> 6:15am Nielsen Park  <b>Ocean Swim Session</b> 10:30am Meet Bondi Bathers Surf Club	<b>Ride Session</b> 6:00am Ride <b>Meet Cent. Park</b> <b>Bookings essential before 7pm Fri *</b>
Beg. 22/03	<b>Swim Session</b> 7pm Cook Phillip Pool	<b>Ride Session</b> 6am Centennial Park  <b>Ocean Swim Session</b> 6.30pm Meet Bondi Bathers Surf Club	<b>Run (track) Session</b> 7pm ES Marks Kensington	<b>Ride Session</b> 6am Centennial Park  <b>Swim Session</b> 6pm Cook Phillip Pool	<b>Run/Strength Session</b> 6:30am <b>Bookings before 4pm Thursday *</b> Cook Phillip Pool	<b>Ride/Run Session</b> 6:30am Centennial Park  <b>Ocean Swim Session</b> 10:30am Meet Bondi Bathers Surf Club	<b>No Session</b>  <b>Coaches watching Australian Ironman</b>

## Pricing Structure (inc. GST)

### Group Training Sessions

**Multisport Monthly** \$143  
Unlimited sessions in a calendar month & squad program

**Multisport 8 Monthly** \$95  
Up to 8 sessions in a calendar month

**Swim Monthly** \$113  
Unlimited swim sessions in a calendar month

**Please note: above passes can only be suspended on presentation of medical certificate.**

### Casual Sessions

Swim (not including pool entry) \$16.00  
Running/run-strength/ride/biathlon/other \$16.00

**Please note the above prices do not include pool entry. A 20-visit pool pass can be obtained from Cook Phillip Pool. The above prices do include entry to ES Marks Athletic Field**

### Individual & Small Group Coaching

1-4 people \$100  
5+ P.O.A  
(For pool sessions add lane hire of \$14 for 25m and \$28 for 50m)

### Fitness Programs (Monthly)

Triathlon, running, swimming, cycling \$85

### Fitness Testing

Comprehensive Fitness Testing (running based) \$85

## Session Locations & Contact Details

**Shaun Wadham - 0411 271 948**  
Email: [shaun@stgfitness.com.au](mailto:shaun@stgfitness.com.au)

**Colin Marshall - 0419 722 553**  
Email: [colin@stgfitness.com.au](mailto:colin@stgfitness.com.au)

**ES Marks Athletic Field** - Corner of Anzac Parade and Boronia Street Moore Park. Enter stadium on Boronia Street. Free parking available in the stadium. Change rooms on location.

**Cook Phillip Pool** - Corner of William Street & College Street, City. Change rooms, showers and lockers in Aquatic Centre.

**Centennial Park** – Meet at Paddington Gates. Free Parking. Toilets available.

**Bondi** - Meet at front of Bondi Bathers Surf Life Saving Club, Campbell Parade, Central Bondi. Toilets available.

**Redleaf Pool**: Behind Woollahra Council, 536 New South Head Road, Double Bay (Go through car park and down stairs). Free parking. Toilets available.

\*Cancellation before this time also required or session fee will be incurred. Those who have booked will be notified if the session is cancelled due to insufficient numbers or poor weather.

PLEASE NOTE - Sessions may be cancelled due to poor weather conditions. Please call Shaun Wadham on 0411 271 948 or Colin on 0419 722 553 45 mins prior to the session for information. For Sunday ride call Gezz: 0448 732 536

As a courtesy to your training partners, please make sure you are ready to **start training** at the times advertised above.

**Ocean Swims** - If the weather is suspect please call Colin on 0419 722 553 45 minutes before the session to find out if it is on.