



Session Timetable – July 2010

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beg. 28/06	Swim Session 7pm Cook Phillip Pool	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Swim Session 7am Cook Phillip Pool Run (track) Session 7pm ES Marks	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Run/Strength Session 6:30am <u>Bookings before 4pm Thursday *</u> Cook Phillip Pool	Ride/Run Session 6:30am Centennial Park Ocean Swim Session 10:30am Meet Bondi Bathers Surf Club	Run Session 7:30am Meet Bondi Bathers Surf Club
Beg. 05/07	Swim Session 7pm Cook Phillip Pool	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Swim Session 7am Cook Phillip Pool Run (track) Session 7pm ES Marks	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Run/Strength Session 6:30am <u>Bookings before 4pm Thursday *</u> Cook Phillip Pool	Ride/Run Session 6:30am Centennial Park Ocean Swim Session 10:30am Meet Bondi Bathers Surf Club	Run Session 7:30am Meet Bondi Bathers Surf Club
Beg. 12/07	Swim Session 7pm Cook Phillip Pool	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Swim Session 7am Cook Phillip Pool Run (track) Session 7pm ES Marks Kensington	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Run/Strength Session 6:30am <u>Bookings before 4pm Thursday *</u> Cook Phillip Pool	Ride/Run Session 6:30am Centennial Park Ocean Swim Session 10:30am Meet Bondi Bathers Surf Club	Run Session 7:30am Meet Bondi Bathers Surf Club
Beg. 19/07	Swim Session 7pm Cook Phillip Pool	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Swim Session 7am Cook Phillip Pool Run (track) Session 7pm ES Marks Kensington	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Run/Strength Session 6:30am <u>Bookings before 4pm Thursday *</u> Cook Phillip Pool	Ride Session 6:30am Meet cnr Bobbin Head R d & Pacific Hwy Pymble Ocean Swim Session 10:30am Meet Bondi Bathers Surf Club	Run Session 7:30am Meet Bondi Bathers Surf Club
Beg. 26/07	Swim Session 7pm Cook Phillip Pool	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Swim Session 7am Cook Phillip Pool Run (track) Session 7pm ES Marks	Ride Session 6am Centennial Park Swim Session 7pm Cook Phillip Pool	Run/Strength Session 6:30am <u>Bookings before 4pm Thursday *</u> Cook Phillip Pool	Ride/Run Session 6:30am Centennial Park Ocean Swim Session 10:30am Meet Bondi Bathers Surf Club	Run Session 7:30am Meet Bondi Bathers Surf Club

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 \$1.4 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

Colin Marshall - 0419 722 553

Email: 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 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.