

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: 6am ITAC Beginners – flippers Snoozy Bears:7.15am Swim with the coach Min. standard 1km in 20:00	Cycle: 5.30am Centennial Park Beginners:5.30am *** Lights *** front & back!	Swim: 6am ITAC Beginners – flippers Snoozy Bears:7.15am Swim with the coach Min. standard 1km in 20:00	Cycle: 5.30am Road ride... North Bondi Surf Club Beginners - must do Tues or Sat squad before attending! *** Lights *** front & back!	Swim: 6am ITAC Beginners - flippers ** Includes Stroke Correction Snoozy Bears: 7.15am - Swim with the coach: Minimum standard 1km 20:00	Cycle: 6.30am Beginners:6.30am Centennial Park Run: 8am Centennial Park Beginners welcome	Cycle -6.30am Road ride... Centennial Park Options: 70km & 100km+ Experienced road riders only - must do Tues or Sat squad beforehand!
Open Water Swim: Clovelly – 6am Meet: Stairs front of Surf Club. Beginners – flippers		Swim: 6am Bondi Icebergs Surf swim – 7am				
Swim: 6.30pm ITAC Ultimo/ Darling Harbour Beginners – flippers		Swim: 6.30pm ITAC Ultimo/ Darling Harbour Beginners – flippers Surf swim:6.30pm North Bondi Surf Club		Saturday Surf Swims: North Bondi Surf Club 1. 9am - Experienced only. Min. standard of 2km in 40:00. 2. 10.30am – All standards from Beginners to Experienced. Minimum standard: 1km freestyle Saturday Stroke Correction Swim 4pm ITAC - Ultimo/ Darling Harbour Beginners - flippers		Team Bondi Fit start on time!!! DO NOT be late in morning & text the coach if you are late at night!
Swim: 6.30pm Bondi Icebergs Beginners – flippers ** Includes Stroke Correction	Run: 6.30pm Hills & Tempo Centennial Park Beginners Welcome	Swim: 6.30pm Bondi Icebergs Beginners – flippers ** Includes Stroke Correction	Run: 6:30pm Sprints - Intervals Track – Kensington Beginners Welcome			

info@bondifit.com 0400 040 521 www.bondifit.com

New squad members MUST email before attending with mobile number & arrive 10 mins before attending 1st session

****** Training locations ******

1. Ian Thorpe Aquatic Centre (ITAC) – 6am & 6.30pm swim sessions: – Darling Harbour/ Ultimo: Corner of Harris St & William Henry St.
FREE parking or meters in streets between Wattle St & Harris St – west of the pool. Please check these streets on arrival. **Check website for maps!**
 \$6.20 pool entry or multi visit pool entry pass (20 visits - \$99). ***** Pool entry** - not included.
 Please pay coach on the pool deck or at the beach BEFORE the session starts!

2. Bondi Icebergs: Notts Ave, South Bondi – on the water!

3. North Bondi Surf Club: 2 hour parking behind surf club OR meter parking. **** DO NOT** bring valuables to beach & allow time to park!

4. Clovelly – meet on the steps in front of the surf club. **** DO NOT** bring valuables to beach.

5. Centennial Park Cycle & Runs: Between Paddington & Woollahra gates at the flagpoles.
 - on Grand Drive (Main road inside the park). In front of Federation Pavilion on the left hand side of the road:
 - 500 metres past the restaurant or 200 metres past the TOILETS.
**** Please note** – see website for Tuesday 5.30am parking options!

6. Track: E.S. Marks Athletics Field, Boronia Street (off Anzac Parade), Kensington. Entry is \$4.50. **Check website for map – entry on corner of Anzac Pde.**

***** Please note – email before attending with mobile number, be 10:00 early for 1st session & all sessions start on time!!!**

PAYMENT OPTIONS:

- pool entry not included.

Casual rate: \$15 - CASH ONLY.
please make payment before session.

Multi casual rate

- **\$100 for 8 sessions** (\$12.50)
- **CASH ONLY.**
- valid for 6 months from purchase.
- please make payment before session.

MONTHLY RATES:

to be used in one month period:
starts from 1st session attended.

* **Unlimited swim & run:** \$120
* **Unlimited swim & bike:** \$120.
* **Unlimited bike & run:** \$120.

* **Unlimited Triathlon training:** \$180
- \$160/ month for 3 months +
Requires upfront payment - \$480.
- **includes** monthly squad program with weekly updates.

Ironman competitors – see below...

* **Personal training review:** \$249
- unlimited training & program as above
- includes 1 x monthly program outlay.
- includes 1 x monthly program review.
- correspondence options.
- program talk inc. goal setting.
- email/ phone support.
- **\$199/ month for 3 months**
Requires upfront payment - \$597.

1 on 1 available:

1 on 1 - \$80.
2 on 1 - \$90.
3(+) on 1 - \$100.
Lane hire added if needed

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- please email (**info@bondifit.com**)
before attending with mobile number!
- **0416 108 656**

...Beginner guide....

BEGINNER Friendly Swims:

** **FLIPPERS** required!

Stroke correction sessions recommended

* **Monday & Wednesday:** 6.30pm – Bondi Icebergs.
* **Friday:** 6am – ITAC.
* **Saturday:** 4pm – ITAC.
* **Beginners** may also attend any swim squads.

BEGINNER Friendly Open water swims:

* **Monday:** 6am – Flippers for Beginners!
- Clovelly (meet stairs in front of surf club).
** **Minimum standard:** 500 metres non-stop freestyle in a pool,
otherwise view stroke correction options above!
* **Wednesday:** 6.30pm
- North Bondi Surf Club.
* **Saturday Surf Swim:** 10.30am
- North Bondi Surf Club
** **Minimum standard** for surf swims:
1km non-stop freestyle in a pool for Beginners,
otherwise view stroke correction options above!

BEGINNER Friendly Cycle – Lights front & back

* **Tuesday:** 5:30am - Centennial Park
* **Saturday:** 6:30am - Centennial Park.
* **Thursday road ride:** 5:30am – North Bondi
After attending & confident on above park rides!

BEGINNER Friendly Runs:

* **Tuesday & Thursday** – 6.30pm
* **Saturday** - 8am