

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A M	<b>Swim: 6am ITAC</b> <b>Beginners</b> – flippers ..... <b>Snoozy Bears: 7.30am</b> Swim with the coach Minimum: 20:00/ 1km.	<b>Cycle: 5.30am</b> Centennial Park <b>Beginners:6am</b> <b>*** Lights ***</b> front & back!	<b>Swim: 6am ITAC</b> <b>Beginners</b> – flippers ..... <b>Snoozy Bears: 7.30am</b> Swim with the coach Minimum: 20:00/ 1km.	<b>Surf Swim:</b> <b>6.30am</b>  North Bondi <b>Intermediate (+)</b>	<b>Swim: 6am ITAC</b> <b>Beginners</b> – flippers <b>** Includes</b> <b>Stroke Correction</b> ..... <b>Snoozy Bears: 7.30am</b> Minimum: 20:00/ 1km.	<b>Cycle: 6.30am</b> <b>Beginners:7am</b> Centennial Park <b>1 on 1 bike:</b> Tues/Thurs: 7am Sat: 8.15/ 9.15	<b>Cycle -6.30am</b> <b>Road ride...</b> Centennial Park <b>Options:</b> 70km & 100km+
	<b>1 on 1 swim available:</b> <b>Mon, Wed &amp; Fri</b> - 6.15am or 7.15am	<b>1 on 1 bike:</b> Tues/Thurs: 7am Sat: 8.15/ 9.15	<b>Swim – 6am:</b> Bondi Icebergs <b>inc. StrokeCorrection</b>	<b>1 on 1 bike:</b> Tues/Thurs: 7am Sat: 8.15/ 9.15	<b>1 on 1 swim available:</b> <b>Mon, Wed &amp; Fri</b> - 6.15am or 7.15am	<b>Run: 8am</b> Centennial Park <b>Beginners (+)</b>	Experienced road riders only!
P M	<b>Swim – 6.30pm</b> Bondi Icebergs <b>inc. StrokeCorrection</b> <b>Beginners</b> – flippers	<b>Run: 6.30pm</b> Bondi Junction - Centennial Park  <b>Beginners</b> <b>Welcome</b>	<b>Swim:6.30pm ITAC</b> Ultimo/ Darling Harbour  <b>Beginners</b> – flippers	<b>Run: 6.30pm</b> Track Run: Kensington  <b>Beginners</b> <b>Welcome!</b>	<b>Swim: 6.30pm ITAC</b> Ultimo/ Darling Harbour  <b>Beginners</b> – flippers <b>** Includes</b> <b>Stroke Correction</b>	<b>Surf Swim:</b> <b>10.30am</b> North Bondi <b>Beginners (+)</b> <b>** Minimum</b> <b>standard: 1km</b> non-stop freestyle	<b>Team Bondi Fit</b> <b>start on time!!!</b> <b>DO NOT</b> be late in morning & text the coach if you are late at night!
	<b>Swim: 6.30pm ITAC</b> Ultimo/ Darling Harbour <b>Beginners</b> – flippers						

[info@bondifit.com](mailto:info@bondifit.com) – please email before attending with mobile number! [www.bondifit.com](http://www.bondifit.com) **0416 108 656**

**BEGINNER Friendly Swim – all sessions:**

**\*\* FLIPPERS** required!

**Stroke correction sessions recommended**

- **Monday & Wednesday: 6am or 6.30pm**  
– Bondi Icebergs.
- **Friday: 6am or 6.30pm** - ITAC  
**\*\*Beginners** also attend regular swim squad\*\*

**BEGINNER Friendly Open water swims:**

- \* **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**

\* **Tuesday: 6am** - Centennial Park  
Skills & Fitness – Lights front & back!

\* **Saturday: 7am** - Centennial Park  
Includes mixture of bike & run

**BEGINNER Friendly Runs as per program:**

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

**\*\*\*\* 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. Centennial Park Cycle & Saturday Run: 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!

**5. Centennial Park Tuesday Run – Bondi Junction: corner of Oxford St & York Road (Bus depot).**

Plenty of **FREE** parking in York Road & St James Road – either side of the bus depot.

**6. Run Track – Kensington Thursday Run:** Eastern Suburbs Athletic Field.

– corner of Anzac Parade & Boronia Street, near Allison Road intersection. **Entry is via Boronia St!**

Meet at the start/ finish line on western side of the track. \$4 track entry.

Check website for parking options!

**All Team Bondi Fit session start on advertised time:**

– **DO NOT** be late in morning & text the coach if you are late at night!

### **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 3 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**  
**- includes monthly squad program with weekly updates.**  
**- \$160/ month for 3 months +**  
Requires upfront payment - \$480.
  
- \* **Personal training review: \$260**  
- 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:**

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

**Team Bondi Fit** run YEAR ROUND individual, group & squad training for athletes ranging from BEGINNERS to International athletes in all sports .

We welcome beginners & run appropriate squad sessions as well as BEGINNER training clinics.

We pride ourselves on being able to coach anybody for SPRINT distances up to marathons & Ironman distances in triathlon, surf & ocean swimming.

### **COACH Spot:**

- \* Australian Champ - Triathlete, Surf Lifesaver, Ocean Swim & ex part time WCT surfer!!!
- \* Coached up to Olympic Level.

### **COACH Mermaid:**

- \* Swim, surf & triathlon coach
- Age Group competitor in above.
- \* Australian Medallist in Australian Surf Lifesaving Championships (Ironwoman).

### **COACH Michaela:**

- \* Swim, surf & triathlon coach
- Age Group competitor in above.

### **COACH Paul:**

- \* Swim & Surf Coach.
- Masters Pool/ Ocean Swimmer
- \* Age Group Triathlete

### **COACH Scott:**

- \* Bike Coach.
- Bike Racer & Ager group Triathlete.

### **COACH Dave:**

- \* Bike & Assistant Coach.
- \* Pro triathlete!

## **Team Bondi Fit**

### **\* Surf swim**

- North Bondi Beach, Australia!

### **\* Run**

- Centennial Park
- North Bondi
- Kensington

### **\* Swim squads: City & Bondi**

- Ian Thorpe Aquatic Centre
- Bondi Icebergs

### **\* Bike**

- Centennial Park
- North Bondi

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