

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swim: 6am ITAC Ultimo</b> Flippers required.</p>	<p><b>Cycle Road: 5:30am North Bondi Surf Club</b> * Lights - front/ back. No lights - no ride! Minimum standard for Tuesday ride: attendance at Thurs or Sat session OR experienced road rider! * Beginner Bike Clinic starts Saturday, January 14 or 1 on 1 available!</p>	<p><b>Swim: 6am ITAC Ultimo</b> Flippers required.</p>	<p><b>Cycle: 5.45am Centennial Park</b> * Lights - front/ back. No lights - no ride! Minimum standard for Thursday ride: you can ride a bike, basic gear knowledge &amp; ready to learn pack riding on a road bike! * Beginner Bike Clinic starts Saturday, January 14 or 1 on 1 available!</p>	<p><b>Swim: 6am ITAC Ultimo</b> Flippers required. Includes Stroke Correction... ..... * Beginner 1 on 1 swim: 7:30am - Monday, Wednesday &amp; Friday or Saturday 5:15pm. Bookings essential.</p>	<p><b>Cycle &amp; Run: 6:30am Centennial Park</b> * Beginner Bike Clinic starts Saturday, January 14 or 1 on 1 available!</p>	<p><b>5 options on a Sunday!</b></p> <ol style="list-style-type: none"> <li>1. Mini triathlons</li> <li>2. Long Run via program.</li> <li>3. Squad Long ride or Bike/ Run superset via program: locations to be advised accordingly!</li> <li>4. Races including triathlons, fun runs &amp; ocean swims! Team Bondi Fit warm up - 15 minutes before the 1st wave of all swim &amp; triathlons!</li> <li>5. Sleep in zzz...</li> </ol>
<p><b>Swim: 6am Bondi Icebergs inc. Stroke Correction. inc. optional surf swim 7am - woohoo</b></p>	<p><b>Surf Swim: 6am North Bondi Surf Club</b> Intermediate to advanced session! Wetsuits advised...</p>	<p><b>Monday 6:30pm</b></p>	<p><b>Tuesday 6:30pm</b></p>	<p><b>Wednesday 6:30pm</b></p>	<p><b>Thursday 6:30pm Clovelly -3 options:</b></p>	
<p><b>Swim: 6.30pm ITAC Ultimo</b> Flippers required!</p>	<p><b>Run: 6.30pm Kensington Track</b> Sprints - Intervals Beginners welcome.</p>	<p><b>Swim: 6.30pm ITAC Ultimo</b> Flippers required!</p>	<p><b>1. Swim</b> - open water Rookie options - Flippers are OK. Minimum standard:500 metres non-stop freestyle! <b>2. Run - Swims:</b> 30 minute run followed by 300 metre runs &amp; 200 metre swims. <b>3. Run only</b> - hills, circuits, tempo run...</p>	<p>..... * Swim Video Stroke Clinics held monthly: 3 x Saturday - 4pm. Bookings essential.</p>	<p><b>Run: 8am North Bondi Surf Club Beginners</b> welcome.</p>	
<p>* <b>Please note</b> – email before attending 1st session with mobile number, be 10mins early as all sessions start on time! <b>If you are arriving late - keep driving... See below for training locations...</b></p>		<p><b>Swim: 6:30pm Bondi Icebergs inc. Stroke Correction.</b> Flippers required.</p>	<p><b>Saturday</b> <b>Swim: 3pm ITAC Ultimo</b> Flippers required Inc. Stroke Correction</p>			

**\*\*\*\* 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. North Bondi Surf Club:** 2 hour parking behind surf club OR meter parking. **\*\* DO NOT** bring valuables to beach & allow time to park!
- 3. 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!
- 4. Kensington Run Track:** E.S. Marks Athletics Field, Boronia Street (off Anzac Parade), Kensington. Track entry is \$5. **Check website for map – entry on corner of Anzac Pde.**
- 5. Bondi Icebergs** – entry in Notts Ave, South Bondi. Pool entry \$5 or multi passes available.
- 6. Clovelly Surf Club** - meet at bottom of the stairs on water side of the surf club on south side of the beach. FREE parking - woohoo!!!

**PAYMENT OPTIONS** - pool entry not included.

**Casual rate:** \$20 - CASH ONLY. Payment due before session.

**Multi casual rate:** \$100 for 7 sessions (\$14.27).

- valid for 12 months & please make payment before session.

**Surf Clinics** - bookings essential:

- \$40 or \$100 for 3 lessons to be used over summer.

**\* Triathlon Training program & unlimited training:**

- \$249 for 1 month.

- \$209 for 3 month upfront payment (\$627).

- \$199 auto deduct payments (6 month minimum).

Program training inclusions:

- unlimited training.

- includes 1 x monthly program & training diary review.

- correspondence options.

- set up program talk inc. goal setting.

- email/ phone support.

**1 or 2 sports with unlimited training & monthly programs (includes half marathon & marathon):**

- swim & run.

- swim & bike.

- bike & run.

- \$150 for 1 month.

- \$140 for 3 month upfront payment (\$420). Minimum marathon requirement.

- \$135 auto deduct payments (6 month minimum).

**Monthly rates with NO programs:**

\* 1 sport only with Unlimited training - \$130 per month

or pay \$135 extra to get programs & 2 sports as above!

## Team Bondi Fit

**Facebook** - join "Bondi Fit Training" for updates....

**www.bondifit.com** - 0416 108 656

- email **info@bondifit.com** before attending with mobile number!



**BEGINNER Friendly Swims - Stroke correction sessions:**

**\*\*\* FLIPPERS required \*\*\***

\* Friday: 6am & Saturday: 3pm - ITAC.

\* Monday 6am or Wednesday 6:30pm - Bondi Icebergs.

\* Beginners may also attend any swim squads.

\* **Stroke Clinics:** 3 x Saturday - 4pm. Bookings required.

**1 on 1 Swim available:** 7:30am Mon, Wed, Fri or Sat 5:15pm.

**BEGINNER Friendly Open Water swims:**

\*\* Minimum SAFETY standard for Clovelly & Bondi Surf Clinics:

500 metres non-stop freestyle - Clovelly, can wear flippers!

\* **Weekly flat open water swim - Clovelly,** Thursday 6:30pm.

\* **Weekly surf clinics Saturday: 11am** - North Bondi Surf Club. Bookings essential for 11am North Bondi Surf Clinics!

\* **Weekly surf squad 9:30am** - North Bondi Surf Club. 1km non-stop freestyle in a pool for this session.

**BEGINNER Friendly Cycle:** Bike Clinic starts Saturday, January 14 or 1 on 1 cycle available.

**BEGINNER Friendly Runs:** Tuesday - 6:25pm or Saturday - 7:55am.