

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim: 6am ITAC Ultimo Flippers required.</p>	<p>Cycle Road: 5:30am North Bondi Surf Club * 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>Swim: 6am ITAC Ultimo Flippers required.</p>	<p>Cycle: 5.45am Centennial Park * Lights - front/ back. No lights - no ride! Minimum standard for Thursday ride: you can ride a bike, basic gear knowledge & ready to learn pack riding on a road bike! * Beginner Bike Clinic starts Saturday, January 14 or 1 on 1 available!</p>	<p>Swim: 6am ITAC Ultimo Flippers required. Includes Stroke Correction... * Beginner 1 on 1 swim: 7:30am - Monday, Wednesday & Friday or Saturday 5:15pm. Bookings essential.</p>	<p>Cycle & Run: 6:30am Centennial Park * Beginner Bike Clinic starts Saturday, January 14 or 1 on 1 available!</p>	<p>5 options on a Sunday!</p> <ol style="list-style-type: none"> Mini triathlons - October 9 & 23 are mini tris day! Long Run via program. Squad Long ride or Bike/ Run superset via program: locations to be advised accordingly! Races including triathlons, fun runs & ocean swims! Team Bondi Fit warm up - 15 minutes before the 1st wave of all swim & triathlons! Sleep in zzz...
<p>Swim: 6am Bondi Icebergs inc. Stroke Correction. inc. optional surf swim 7am - woohoo</p>	<p>Surf Swim: 6am North Bondi Surf Club Intermediate to advanced session! Wetsuits advised...</p>	<p>Monday 6:30pm</p>	<p>Thursday 6:30pm Clovelly -3 options:</p>	<p>Run: 8am North Bondi Surf Club Beginners welcome.</p>		
<p>Swim: 6.30pm ITAC Ultimo Flippers required!</p>	<p>Run: 6.30pm Kensington Track Sprints - Intervals Beginners welcome.</p>	<p>Wednesday 6:30pm</p>	<p>1. Swim - open water Rookie options - Flippers are OK. Minimum standard:500 metres non-stop freestyle! 2. Run - Swims: 30 minute run followed by 300 metre runs & 200 metre swims. 3. Run only - hills, circuits, tempo run...</p>	<p>Surf Swim: 9.30am North Bondi Surf Club Beginners welcome! Minimum standard applies: 1km freestyle Surf Clinics: 11am Bookings essential!</p>	<p>Saturday Swim: 3pm ITAC Ultimo Flippers required Inc. Stroke Correction</p>	
<p>* Please note – email before attending 1st session with mobile number, be 10mins early as all sessions start on time! If you are arriving late - keep driving... See below for training locations...</p>		<p>Swim: 6:30pm Bondi Icebergs inc. Stroke Correction. Flippers required.</p>		<p>* Swim Video Stroke Clinics held monthly: 3 x Saturday - 4pm. Bookings essential.</p>		

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

- 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!
- North Bondi Surf Club:** 2 hour parking behind surf club OR meter parking. **** DO NOT** bring valuables to beach & allow time to park!
- 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!
- 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.**
- Bondi Icebergs** – entry in Notts Ave, South Bondi. Pool entry \$5 or multi passes available.
- 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.