

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: 6am ITAC Ultimo Flippers required. * 1 on 1 swim available 7:30am: Mon, Wed & Fri. Sat - 5:15pm.	SLEEP IN....	Swim: 6am ITAC Ultimo Flippers required. * 1 on 1 swim available 7:30am: Mon, Wed & Fri. Sat - 5:15pm.	Cycle: 5.45am Centennial Park * Lights - front/ back. No lights - no ride! * Saturday - ideal Rookie session with beginner standard guide: You can ride a bike, basic gear knowledge & ready to learn pack riding. 1 on 1 or Beginner bike days available.	Swim: 6am ITAC Ultimo Flippers required. Includes Stroke Correction - Ideal Beginner session. * 1 on 1 swim available 7:30am: Mon, Wed & Fri. Sat - 5:15pm.	Cycle: 6:30am Centennial Park Rookie riders welcome (must be able to ride a bike). Monthly Beginner Days Run: 8am Centennial Park Beginners welcome. Weekly 60 - 90 minute run often on City To Surf course with longer marathon options available!	Cycle: * MONTHLY members only! Road options of 50km+ depending on races at various locations to be advised accordingly! Regular meeting points include: 1. Centennial Park. 2. Rockdale. 3. Sutherland. 4. Mosman.
Swim: 6am Bondi Icebergs inc. Stroke Correction. inc. optional surf swim 7am - woohoo		Surf Swim: 6.15am North Bondi Surf Club Intermediate to advanced session! Wetsuits advised...	Surf Swim: 10.30am North Bondi Surf Club Beginners welcome! Minimum standard applies: 1km freestyle. * This session runs all year round - RAIN HAIL SHINE!!!			

* **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...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: 6.30pm ITAC Ultimo Flippers required!	Run: 6.30pm Kensington Track Sprints - Intervals Beginners welcome.	Swim: 6.30pm ITAC Ultimo Flippers required!	Run (Road): 6:30pm Nelson Hotel: cnr Oxford & Nelson St, Bondi Junction. City To Surf special!	Friday night drinks - home early please!!!	Swim: 3pm ITAC Ultimo Flippers required Includes Stroke Correction - Ideal Beginner session	

- *** 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. Entry is \$4.50. **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.
 - Nelson Hotel** - corner of Oxford St & Nelson St, Bondi Junction: opposite Bus Depot on corner of York Road corner of Centennial Park...

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.

*** 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.

- \$160 for 1 month.

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

- \$130 auto deduct payments (6 month minimum).

Monthly rates with NO programs:

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

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: 4pm - ITAC.

* Monday 6am - Bondi Icebergs.

* Beginners may also attend any swim squads.

* **Stroke Clinics:** 3 x Saturday - 2:30pm. Bookings required.

1 on 1 Swim available: 7:30am Mon, Wed & Fri. Bookings required.

BEGINNER Friendly Open Water swim: North Bondi

* **Saturday: 10.30am** - North Bondi.

** Minimum standard for surf swims (safety issue):

1km non-stop freestyle in a pool for Beginners.

*Stroke Correction & squad options if unable to do these distances.

BEGINNER Friendly Cycle:

Monthly Beginner bike days & Beginner bike courses.

* Saturday: 6:25am - Centennial Park (must be able to ride a bike & be ready for pack riding).

1 on 1 cycle available. Bookings required.

BEGINNER Friendly Runs:

City To Surf & Sydney Running Festival courses available.

* Tuesday - 6:25pm.

* Saturday - 7:55am.