

Gail Flint

109 - 53050 Range Road 220 Ardrossan, Alberta T8E 2C7

780-441-5948

*Triathloncoachgail@gmail.com***Upcoming Fall Classes 2021**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Swim Advanced 10:15 a.m. – 11:30 a.m.						
		7:45 p.m. to 8:45 p.m. Beginner swim	8:00 to 9:30 p.m. Advanced swim			

Sunday Advanced swim 10:15 a.m. – 11:30 a.m. Fees \$260.00 Starts September 12th – Dec 12th, 13 classes Omit Date October 3rd

Location Millennium Place Pool Sherwood Park. Focus of this class is to build solid swim technique using drills and technique break down to rebuild your stroke. This is a good class for off season to work on some stroke improvement. Learn to move through the water efficiently.

Tuesday Beginner swim Total Immersion Swim 7:45 p.m. to 8:45 p.m. Fees \$325.00 Starts September 14th – Dec 14th, 14 classes. Class size is limited please register early.

Location: Millennium Place Pool in Sherwood Park. We will build the basics of Freestyle from balance, to breathing, to easy freestyle. This class is very drill based and not a workout class, no swim background required, pool is a deep pool so you must be okay with being in deep water.

Wednesday Advanced Swim 8:00 p.m. to 9:30 p.m. Fees \$325.00 Starts September 15th – Dec 15th, 14 classes

Location: at Millennium Place Pool in Sherwood Park. We will be working on building endurance, speed, power and group swim tactics. athletic endurance and power. You will need a water bottle and food or gel.

Personal Information:

Name: _____ Gender: M F

Age: _____ DOB: _____

Address _____ Postal Code: _____

Phone: _____ Email: _____

Alberta Health Care: _____

Health issues that may affect your training: _____

Payments: cheque (payable to "Gail Flint"), email transfer – gflint@telusplanet.net, or cash

Please mail cheques signed waiver and completed entry forms to:

Gail Flint 109 – 53050 Range Road 220 Ardrossan, Alberta, T8E 2C7

Fall 2021 Registration Form:	Classes:	Amount	
<input type="checkbox"/>	Sunday Swim 10:15 a.m.– 11:30 a.m.	\$260.00	_____
<input type="checkbox"/>	Tuesday beginner swim 7:45 p.m.– 8:45 p.m.	\$325.00	_____
<input type="checkbox"/>	Wednesday Advanced swim 8:00 p.m.– 9:30 p.m.	\$325.00	_____
		Total	_____

I am currently looking into possible facility based spin and strength classes. They are renovating the green room, so there may not be a room big enough for us to workout in for strength. When I know more I will send out the spin and strength.