

Gail Flint

109 - 53050 Range Road 220

Ardrossan, Alberta

T8E 2C7

780-441-5948 triathloncoachgail@gmail.com

Upcoming Spring Classes 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Swim 8:00 a.m. Swim 10:00 a.m.			Total Immersion Swim 7 p.m. and 8 p.m.		Spin & strength 6:00 p.m	Group Bike

- Wednesday Total Immersion Swimming Advanced - 7:00 p.m. - 8:00 p.m. on April 1 – Jun 24**
Fees \$280.00 for 12 weeks Omit date June 10th

Location Kinsmen Swimming Pool in Edmonton. This class will cover the drills beyond balance drills. We focus on perfecting balance, timing and momentum. You will receive underwater video progression of your swim. We will be covering all of the total immersion drills through this session.

- Wednesday Total Immersion Swimming Beginners - 8:00 p.m. -9:00 p.m. on April 1 – Jun 24**
Fees \$280.00 for 12 weeks Omit date June 10th

Location: Kinsmen Swimming Pool in Edmonton.. . This class will cover the basics of balance in the water and moves through breathing and momentum. You will receive underwater video progression of your swim. We will be covering all of the total immersion drills through this session.

- Friday Spin and Functional Strength 6:00 p.m. to 7:45 p.m. Fees \$135.00 Apr 5 to May 15 th, 6 classes Omit date April 10th**

Location: at Millennium Place. We will be working on building endurance, speed, power and building core and strength through functional exercises. We start in the Bike room at Millennium Place for a 60 minute spin followed by a 45 minute functional strength class. The focus of the class is to improve posture, core, strength and movement.

- Sunday Morning Swim Advanced 8:00 to 9:30 a.m. Fees \$100.00 Apr 5 to May 17th, 6 classes Omit date April 12**

Location: at Millennium Place Pool. We will be working on building endurance, speed, power and group swim tactics.

- Sunday Morning Swim Advanced 10:00 to 11:30 a.m. Fees \$100.00 Apr 7 to May 17th, 6 classes Omit date April 12**

Location: at Millennium Place Pool. We will be working on building endurance, speed, power and group swim tactics.

Transition Practice and Nutrition talk Cost \$40.00

This is to be planned for a Monday evening to be announced, 3 hours.

Penticton Training Camp June 7nd to June 12th Cost \$500.00 or \$400.00 if you are on program plan.

Location: Penticton, BC we will be swimming, biking and running for 6 days through the beautiful wine country. This is geared towards people doing Olympic to Ironman distance. Come enjoy the scenic training. We cover open water swim tactics, strategy for nutrition and pacing, bike pacing and will cover our set distance runs for the week. Contact me for registration and full itinerary.

Personal Information:

Name: _____ Gender: M F

Age: _____ DOB: _____

Address _____ Postal Code: _____

Phone: _____ Email: _____

Alberta Health Care: _____

Health issues that may affect your training: _____

Payment: cheque (payable to "Gail Flint")

One waiver will work for this session. Please mail cheques signed waiver and completed entry forms to:

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

If someone referred you to take this class, please write the name of that person below

Referring: _____

Spring 2020 Registration Form:

Classes:

Amount

Wednesday TI Advanced swim 7:00 p.m.	\$280.00	_____
Wednesday TI Beginner swim 8:00 p.m.	\$280.00	_____
Friday Spin and Strength	\$135.00	_____
Sunday Swim Advanced 9:30 – 11:00 a.m.	\$100.00	_____
Sunday Swim Advanced 9:30 – 11:00 a.m.	\$100.00	_____
Transition and Nutrition Talk	\$40.00	_____
Penticton Training Camp June 7 - 12	\$500.00	_____
Penticton Training Camp July 12 - 17	\$500.00	_____
	Total	_____