

**Gail Flint**

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

780-922-3769

[gflint@telusplanet.net](mailto:gflint@telusplanet.net)**Upcoming Winter Classes 2019**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Swim 7:00-8:00 a.m. Swim 8:00-9:30 a.m.						9:00 a.m. Run Class 10:30 a.m. Spin and Functional Training.
			Total Immersion 7, 8 p.m.		Bootcamp 6pm - 7:30pm	

**Sunday Morning Beginner Swim 7:00 a.m. to 8:00 a.m. Fees \$ 110.00 Starts Jan 6 – March 24<sup>th</sup>, Omit dates Feb 17<sup>th</sup> and March 10<sup>th</sup>**

**Location: at Millennium Place Pool.** We will be working on building an efficient swim stroke, to avoid struggles in the water.

**Sunday Morning Advanced Swim 8:00 a.m. to 9:30 a.m. Fees \$ 165.00 Starts Jan 6 -March 24<sup>th</sup>, Omit Dates Feb 17<sup>th</sup> and March 10<sup>th</sup>**

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

**Wednesday Total Immersion Swimming - 7:00 p.m. -8:00 p.m. on Jan 2 – Mar 20 Fees \$ 280.00 for 12 classes**

**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. Learn to move through the water efficiently.

**Wednesday Total Immersion Swimming – 8:00 p.m. – 9:00 p.m. on Jan 2 – Mar 20 Fees \$ 280.00 for 12 classes**

**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.

**Friday Spin and Functional Training - 6:00 p.m. – 7:30 p.m. - Jan 4- Mar 22 Omit date Feb 15 Fees \$ 190.00 for 11 classes.**

Located at Millennium Place this class is 1.5 hours, fast paced bike with strength and core conditioning for athletes built into every minute. It begins on the spin bikes for 45 minutes of spin and intervals of strength thrown in. Then we move to the Group fitness studio to finish with strength, core and stretching. This class works on athletic endurance and power. You will need a water bottle and food or gel.

**Saturday Morning Run 9:00 a.m. to 10:00 a.m. Jan 5-Mar 23, Fees \$ 110.00 for 11 classes Omit Date Feb 16, you may need to pay drop in to the facility to do this class.**

**Coffee area of Millennium Place.** We will be learning and discussing proper foot work and stretching. Each class will build in more knowledge and focus into your runs. We will be using heart rate monitors and learning appropriate training with a heart rate monitor.

**Saturday Spin and Functional Training – 10:30 a.m. – 1:00 p.m. - Jan 5, Mar 23, 11 classes Omit date Feb 16 Fees \$ 315.00 for 11 classes**

Located at Millennium Place this bootcamp is 2.5 hours, fast paced bike with strength and core conditioning for athletes built into every minute. It begins on the spin bikes for 90 minutes of spin and intervals of strength thrown in. Then we move to the Group fitness studio to finish with postural strength, core and stretching. This class works on athletic endurance and power. You will need a water bottle and food or gel.

**Total Immersion Freestyle Workshop Rocky Mountain House December 15th Cost \$ 240.00**

One day Total Immersion Freestyle Workshop This workshop is for swimmers of all levels and takes you through the Total Immersion drill sequence resulting in a freestyle that is faster, easier, and more efficient. The day includes • Two 90 minute swim sessions • Underwater video taping and analysis with in class room video discussions

**Golden Triangle May long weekend 18, 19, 20 Cost \$ 120.00**

3 days of biking through the Mountains of Alberta and BC, over 300 km of biking over 3 days. Don't miss a great time biking with friends in the most scenic place in Alberta.

**Penticton Ironman and Half Ironman Training Camp June 2 – 7th cost \$ 500.00 or if you are on a training plan, the cost is \$ 400.00**

We will have an amazing week of swimming, biking and running in the clearest water, most amazing biking and hill training and running along the Kettle Valley Rail Tail. Learn about transition, nutrition, race strategy and have the opportunity to bike all 180 km of the Penticton Ironman Bike Course. Accommodations are not included in this price.

**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](mailto: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

Winter 2019 Registration Form:	Classes:	Amount	
<input type="checkbox"/>	Sunday Swim 7:00-8:00 a.m.	\$ 110.00	_____
<input type="checkbox"/>	Sunday Swim 8:00 – 9:30 a.m.	\$ 165.00	_____
<input type="checkbox"/>	Wednesday Total Immersion swim 7:00 p.m.	\$ 280.00	_____
<input type="checkbox"/>	Wednesday Total Immersion Swim ADV 8:00 p.m.	\$ 280.00	_____
<input type="checkbox"/>	Friday Bootcamp 1.5 hours	\$ 190.00	_____
<input type="checkbox"/>	Saturday Run Class 60 min	\$ 110.00	_____
<input type="checkbox"/>	Saturday Bootcamp 2.5 hours	\$ 315.00	_____
<input type="checkbox"/>	Total Immersion Clinic	\$ 240.00	_____
<input type="checkbox"/>	Golden Triangle	\$ 120.00	_____
<input type="checkbox"/>	Penticton Training Camp	\$ 500.00	_____
	Total		_____