

# Wolfville Triathlon Club

## (Adults, Students and Youth) FALL Program:

### **Monday: 6:00-7:30 PM**

*Off road riding on Wolfville Dykes- have headlamps and/ or bike lights. (Switching to winter sports and boot camp training when the snow flies). Some bikes available for those without.*

### **Wednesday: 6:00-7 AM**

*Swimming @ Acadia- 6 lanes, entire pool for registered swimmers. Coaching and instruction for beginners through to experienced. Workouts will be available to late arriving swimmers but note that public swim begins at 7 am.*

### **Thursday: 6:00-7:00 PM**

*10 Km Time Trial (TT) in Gaspereau until October. For those not wanting to do the TT meet at the Gaspereau Gas Station at 6 PM for a beautiful Gaspereau Valley 5.55 km run. Childcare available at the Rec Centre from 5:30-7:30PM. (Beginning October 7<sup>th</sup> Thursdays will be a run night until the snow flies).*

### **Saturday: 7:30-9:00 AM & 9:15-10:00(ish)**

*Swimming @ Acadia. Bring flippers if you have them.*

*Run the dykes over to Grande Pre for 10 km @ 9:15 (keep your transition skills up)!*

### **What about fees?**

We have some costs with the swimming pool and so we need to look at fees for the next 12 weeks..... keep in mind that this will take us to December 8th . All fees payable to the Wolfville Triathlon club.

### **New Wolfville Triathlon Club members without a TNS membership:**

*With Triathlon Nova Scotia membership (2011): \$50.00*

*Without Triathlon Nova Scotia membership (**Associate member**): \$10.00*

*Group Training for September-December: Single \$65.00/Family\$100.00*

*Group training includes 2 coached swim practices + 2 optional swim workouts to do on your own /week, a run workout and a cross training workout (off road cycling, boot camp conditioning and snowshoeing with snow).*

### **Current Wolfville Triathlon Club members:**

*Group Training for September- December: Single \$65.00/Family\$100.00*

*Group training includes 2 coached swim practices + 2 optional workouts to do on your own/week, a run workout and a cross training workout (off road cycling, boot camp conditioning and snowshoeing with snow).*

### **Personalized training programs available upon request.**

Hope to see some new faces this week...especially some newbie swimmers- remember it's **mind over mattress** and the early morning will get easier! Email [sread@wolfville.ca](mailto:sread@wolfville.ca) or call 542-3019 for more information or to register.