



Multisport**GOLD**

**SUMMER
TRAINING SCHEDULE
23rd OCTOBER 2017**



Multisport**GOLD**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Day off	AM CAAC Swim Squad 5.30-7.00am	AM Nerang Crit Track Brick/TT 5.15am-6.30am <i>#1st and 3rd Wed of each month# With Coach Alli</i>	AM CAAC Swim Squad 5.30-7.00am	AM Hope Is Sh/Ctre Ride-Pace/Strength 5.15am <i>#2nd and 4th Fri of each month# With Caroline</i>	AM parkrun 7.00am Swimming TBA Weekly Pool & Open Water	AM Hope Is Sh/Ctre Ride-Long,Short & Social 5.15am <i>Social catchup post ride</i>
PM	PM CACT Run-Track Session 5.30pm	PM	PM Adidas Park Run-Strength Session 5.30pm	PM	PM	PM

Please note times are **START** times, ensure you are ready to depart on time.

CAAC Coomera Anglican Aquatic Centre
CACT Coomera Anglican College Track
Nerang Crit track
Adidas Park
Hope Island Shopping Centre

Billinghurst Street Upper Coomera
Billinghurst Street Upper Coomera
Hope Street Nerang
Reserve Road Skate Park (Cnr Old Coach Road Upper Coomera)
Santa Barbara Drive, Hope Island (Park in 15P)

Fee Structure	
CAAC Pool entry	\$5
Casual session	\$10
10 visit pass	\$100
20 visit pass	\$180
Email Monthly Prog.	\$140
Monthly Program	\$150

Times listed are start times, please don't be late!

For ALL Group rides it is expected AT ALL TIMES road rules to be obeyed and riding etiquette maintained.

ALL sessions CASUAL FEES APPLY (unless on monthly program)

Pool entry is payable at each session. Entry passes are available for purchase.

Multisport Gold is a proud supporter of Coomera Park Run, Rosevalley Drive Highland Reserve