



Multisport**GOLD**

**WINTER
TRAINING SCHEDULE**

4th June 2018



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM CAAC Swim Squad 5.30-7.00am	AM GC Cycle Studio \$22 per session. <i>Bookings essential</i> Albie 5500 6470	AM CAAC Swim Squad 5.30-7.00am	AM Individual rides	AM parkrun 7.00am Swimming TBA Weekly Pool & Open Water	AM Hope Is Sh/Ctre Long Course 5.30am Social Ride 6.00am <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

GC Cycle Studio

Adidas Park

Hope Island Shopping Centre

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

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.

Sunday SOCIAL ride has a no-drop policy. This ride has NO INSURANCE coverage under Multisport Gold, it is recommended riders seek alternative individual coverage

Billinghurst Street Upper Coomera

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2/118 Brisbane Road Labrador

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