



Multisport**GOLD**

**SUMMER
TRAINING SCHEDULE
4th November 2019**



Multisport**GOLD**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM CAAC Swim Squad 5.30-7.00am	AM Individual rides	AM CAAC Swim Squad 5.30-7.00am	AM High Res R'About Koffee Kms 5.15-7.15am	AM parkrun 7.00am Swimming TBA Weekly Pool & Open Water	AM Black Sheep Carpark Long Course, Short course Social rides. 5.30am
PM	PM CACT Run-Track Session 5.30pm	PM	PM Adidas Park Run-Strength Session 5.30pm	PM	PM	PM Coombabah Wetlands Run fitness 3.30pm TBC Weekly <i>Social dinner monthly</i>

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

CAAC Coomera Anglican Aquatic Centre

CACT Coomera Anglican College Track

Adidas Park

Black Sheep Carpark

Coombabah Wetlands

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.

Current Financial members of TQ are covered by MSGold Squad insurance. Non-financial members are advised to seek alternative personal insurance coverage.

Billinghurst Street Upper Coomera

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Reserve Road Skate Park (Cnr Old Coach Road Upper Coomera)

2/108 Old Pacific H'Way Oxenford-parking across the road

Entrance off Rain Tree Glen Coombabah

Fee Structure

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

