

3433 Programs

Member Registration: **FEBRUARY 6, 2017**
 Non-Member Registration: **FEBRUARY 7, 2017**

MEMBER	NON MEMBER
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3433 SPORT PERFORMANCE TRIATHLON SWIM

COMPETITIVE FOR LIFE: These Monday / Wednesday / Friday noon-hour swim sessions are perfect for triathletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water. AGE: 17+ years

SPRING PROGRAMS

Mon (10 classes) Apr 10- Jun 26	12:00-1:00pm	Code# 41049	\$105	\$115
Wed (12 classes) Apr 12- Jun 28	12:00-1:00pm	Code# 41050	\$125	\$137
Fri (11 classes) Apr 21- Jun 30	12:00-1:00pm	Code# 41051	\$115	\$125

SUMMER PROGRAMS

Mon (6 classes) Jul 3- Aug 14	12:00-1:00pm	Code# 41066	\$70	\$85
Fri (7 classes) Jul 7- Aug 18	12:00-1:00pm	Code# 41065	\$80	\$95

3433 ADULT LEARN2TRI - NEW

FIT FOR LIFE, COMPETITIVE FOR LIFE: Are you interested in discovering the sport of triathlon and competing in a short race? The 3433 Learn 2TRI program is for you. Coached by our 3433 Endurance Coaches and designed to introduce adults to the sport of triathlon, this nine-week registered program will culminate in an outdoor sprint triathlon on June 11th for the spring session and Aug 12th for the summer session.. You can register for a swim and bike class, a bike and run class, or both. Our coaches will introduce to you the technical, tactical and race-day fundamentals of triathlon. AGE: 20+ years

SPRING PROGRAMS

Tues (9 classes) Apr 11- Jun 6	Swim/Bike 7:00-8:30pm	Code# 41030	\$210	\$231
Thur (9 classes) Apr 13- Jun 8	Bike/Run 7:00-8:30pm	Code# 41031	\$210	\$231
Tues & Thurs (18 classes) Apr 11- Jun 8	7:00-8:30pm	Code# 41032	\$370	\$410

SUMMER PROGRAMS

Tues (9 classes) Jun 13- Aug 8	Swim/Bike 7:00-8:30pm	Code# 41060	\$210	\$231
Thur (9 classes) Jun 15- Aug 10	Bike/Run 7:00-8:30pm	Code# 41061	\$210	\$231
Tues & Thurs (18 classes) Jun 13- Aug 10	7:00-8:30pm	Code# 41062	\$370	\$410

3433 SPORT PERFORMANCE STRENGTH & MOBILITY

COMPETITIVE FOR LIFE: With a ratio of 12 athletes to 1 coach, these classes allow participants to develop a technical foundation for strength and conditioning. Specifically, LLeW runs you through his signature running mobility warm up a periodized strength program that athletes will be expected to perform twice more through the week. Session may start and finish at Glenmore Track weather dependant. AGE: 17+ years

SPRING PROGRAM

Thurs (12 classes) Apr 13- June 29	6:30-8:00pm	Code# 41055	\$155	\$175
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SUMMER PROGRAM

Thurs (7 classes) Jul 6- Aug 17	6:30-8:00pm	Code# 41058	\$85	\$95
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3433 PARA CYCLING

FIT FOR LIFE, COMPETITIVE FOR LIFE: Under the guidance of renowned Canadian Para Cycling coach, Stephen Burke, this program provides coaching that enables athletes to develop best performance at all levels of Para Cycling. Interested cyclists can join anytime through the season. For more details these Para Cycling programs please visit www.repsolsportcentre.com/3433-sport-performance.

3433 YOUTH CYCLING

LEARN TO TRAIN, TRAIN TO TRAIN: The youth cycling program is ideal for athletes: transitioning from a different organized sport, looking for another sport between seasons, and new athletes entering cycling for the first time. Our purpose is to ignite and foster a lifelong love of cycling while introducing the various disciplines of sport road, track, MTB and triathlon cycling across this program. Our coaches create a fun and dynamic team environment where common goals and a passion for active healthy living. Registration is ongoing throughout the season; connect with www.repsolsportcentre.com/3433-sport-performance for more info.

3433 YOUTH TRIATHLON CLUB

LEARN TO TRAIN, TRAIN TO TRAIN: This program is designed to maximize the performance potential for athletes looking race Kids of Steel and draft legal triathlons. This program provides 12-17 year olds with a supportive and cohesive training environment that gives athletes the tools to enhance their performance at the next level. Registration is ongoing throughout the season; connect with www.repsolsportcentre.com/3433-sport-performance for more info.

3433 TRIATHLON CLUB

COMPETITIVE FOR LIFE: Join the premier triathlon program in Calgary; our coaches pride themselves in creating a community that both challenges and supports athletic development. 3433 Triathlon Club is ideal for the goal orientated individual that is seeking support for growth in the sport. We are the largest club in the city with members ranging from 23-70 years old, supporting performance in sprint, international, half and full ironman distance races. Many club members utilize the program to lay a base fitness for triathlon, cycling events, running races and adventure racing. Registration is ongoing throughout the season; connect with www.repsolsportcentre.com/3433-sport-performance for more info.

