



Junior Summer Training Schedule 2018

Monday	6:15pm	Marlow Lake - open water swim coaching / run / aquathlon
	6:30pm	Montem Pool – coached pool swim
Tuesday	6:15pm	Bray Lake – open water swim coaching / aquathlon
Wednesday	6:15pm	Marlow Lake – open water swim coaching / run / aquathlon
	6.30-7.30pm	Montem Leisure Centre – coached pool swim (beginner & improver)
	7:30-8:30pm	Montem Leisure Centre – coached pool swim (intermediate & advanced)
Thursday	7:30pm	Wycombe Rye Lido – coached pool swim
Saturday	10:00am	Wycombe Rye – Bike/run and transition sessions
	2:00pm	Windsor Great Park - Bike/run and transition sessions

OPEN WATER SWIMMING - The Club has a selection of wetsuits available to use during the session. If you would like to book a wetsuit, then please contact Kevin in advance. There is a £10 charge for use, anyone wishing to hire a wetsuit for an event the cost is £30 per weekend or £70 per season.

POOL SWIMMING - Please note that Montem Pool is used for staff training one Wednesday in every month. This is normally the first Wednesday of the month. Therefore, we will not have our 6.30pm beginner and improver session however, we will still have our 7.30pm intermediate and advanced session.

BIKE/RUN SESSION - The session takes place on the green by the Crown Estate Office. Please note the Crown Estate have requested that **NO CARS** are driven into Windsor Great Park. Please therefore park either in the car park at Rangers Gate and Cranbourne Gate and walk in to Windsor Great Park

Please note we may sometimes have to use another location because of events in the park. We will of course notify you beforehand.

DOGS – Please note your dogs do not form part of the training session. Some children are scared of dogs regardless of how well trained they are. Dogs that are not on leads can cause accidents and interfere with the delivery of the coaching. If you are dropping off children and do bring a dog it must be kept on a lead at all times near the children and then removed from the area once you have dropped them off.



Any changes to the training schedule will be posted on our EVO Junior Triathlon Club Facebook Page, so please make sure you check the page before leaving for a session.

If you have any questions, please do not hesitate to contact **Kevin Wallace**, Club Chairman/Head Coach on **07780 994772**. We look forward to seeing you at a coaching session soon.

Evo Juniors & Gymsync - Online Booking Made Easy

You can now book sessions from your phone!

We are constantly working on improving the experience you have in the club and so we've set up an online booking facility to make booking classes easier!

We are now asking you to sign up to training sessions via the GymSync app.

You will need to register your child, then after that its simply a case of clicking on those Evo sessions you want to attend.

Each attendee/member should have his her own email address. This may of course be a pain if you have a membership as an adult, and two children in the club. (suggest in this instance have the name on Gymsync as an example 'Chandler Family")

Choose **Evo Tri Club** as your gym.

On our Coaching page you will see details of the sessions being run on each day, as well as the schedule for the full week. The Book Now! button will take you to our new online booking system quickly and easily. (any technical issues on sign up contact seb@evotri.co.uk)

[Book online today!](#)

Please feel free to start booking classes that you want to attend. You'll see that you are able to book classes for a number of weeks in advance but we kindly you to amend any bookings should you not be able to attend.

We require intended attendee info / numbers so we can allocate coaches as necessary (no point in having 3 staff for only 2 attendants!, similarly we may need extra help on bike rides or Lake coaching)

This is particularly important over the school holidays as many of you go away.

Locations – click on the map to view destination online.

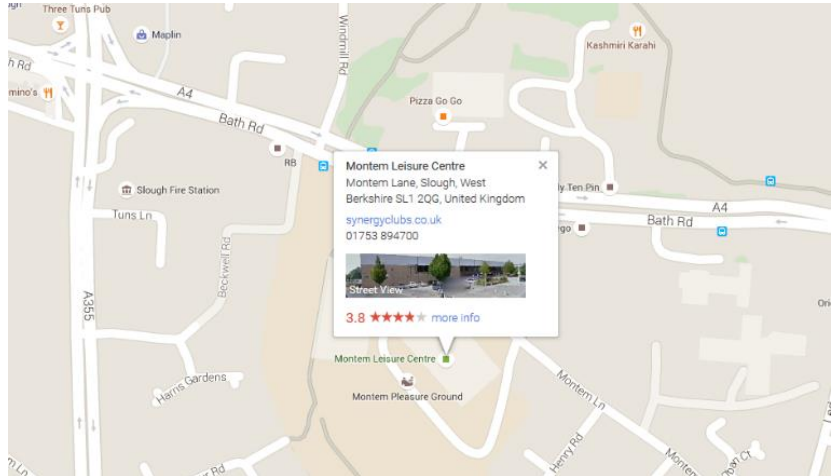
www.evotri.co.uk

07780 994772

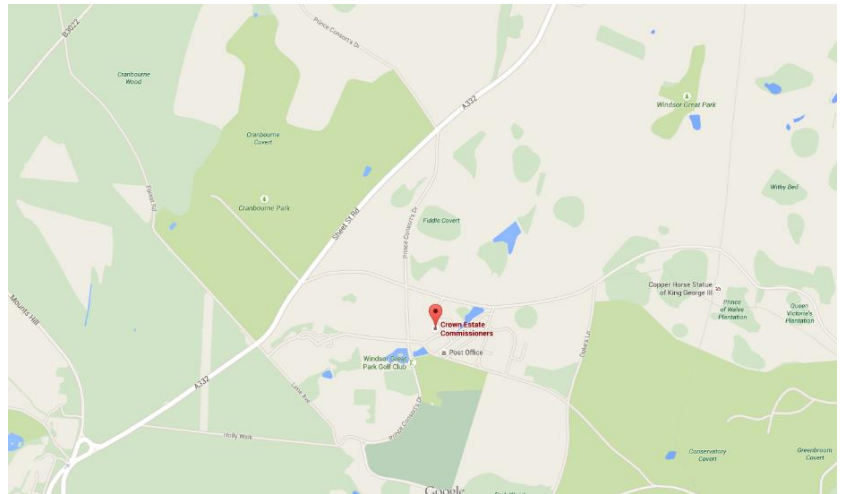
juniors@evotri.co.uk



MONTEM POOL,
Montem Lane,
Slough, SL1 2QG



WINDSOR GREAT PARK,
Crown Estate Offices,
Windsor Great Park,
Windsor SL4 2HT



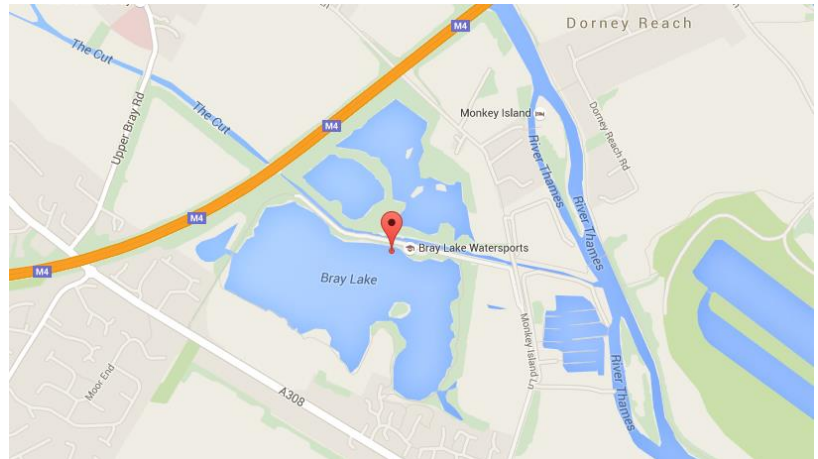
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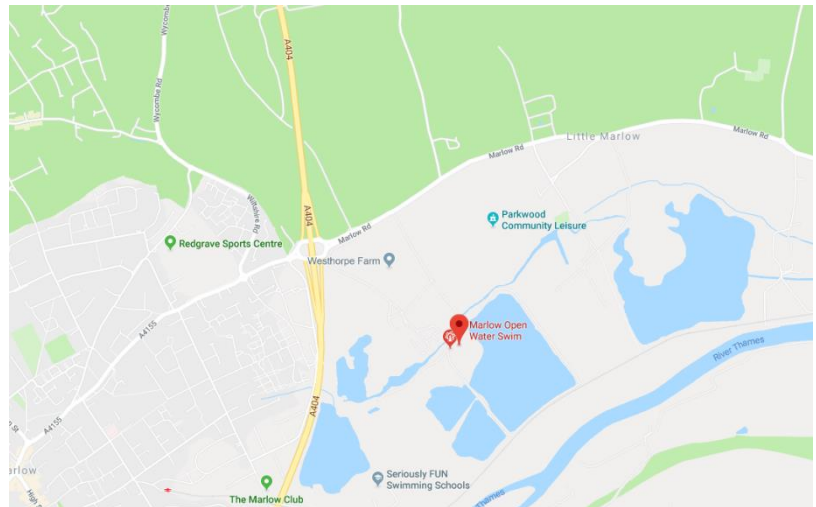
juniors@evotri.co.uk



BRAY LAKE OPEN WATER SWIM,
Monkey Island Lane,
Maidenhead, SL6 2AZ



MARLOW LAKE
Westhorpe Farm,
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