



Junior Winter Training Schedule 2016-17

Monday	7:00-8:00pm	Montem Leisure Centre – coached pool swim (beginner & improver)
	8:00-9:00pm	Montem Leisure Centre – coached pool swim (intermediate & advanced)
	7:30-8:30pm*	Wycombe Rye Lido – coached pool swim
Wednesday**	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	7:30-8:30pm*	Wycombe Rye Lido – coached pool swim
Saturday	9:00-11:00am	Wycombe Rye – Bike/run and transition sessions
	2:00-4:00pm	Windsor Great Park - Bike/run and transition sessions

*Training takes place at Wycombe Rye Lido/Park

** No 6:30pm swim 1st Wednesday of the month due to staff training at Montem Pool

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 Bishops Gate or Rangers 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.

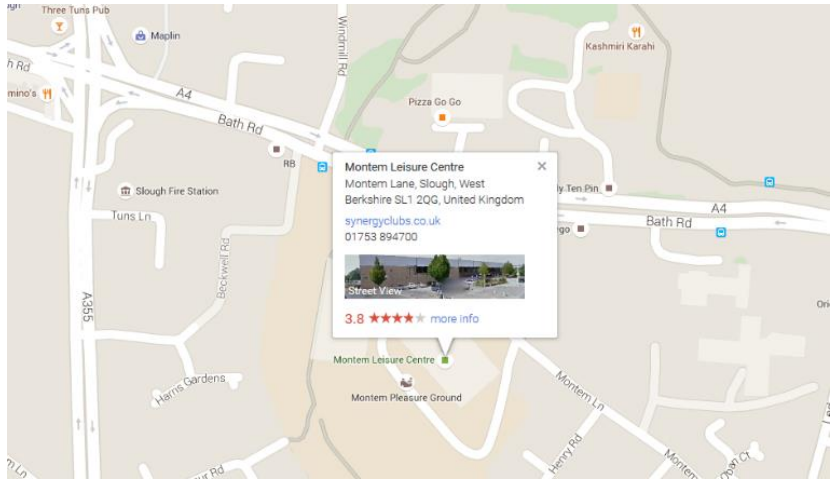
Any changes to the training schedule will be posted on our EVO Junior Triathlon Club Facebook Page, so please make sure you check the page before leaving for a session.

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



Locations – click on the map to view destination online.

MONTEM POOL,
Montem Lane,
Slough, SL1 2QG



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

