

WINTER 2017

3433

Programs

Member Registration: **November 7, 2016**
 Non-Member Registration: **November 8, 2016**



MEMBER NON MEMBER

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 our Centaur Subaru 10 Mile Tri on March 5, 2017 (discounted registration fee for LEARN2Tri participants). You can register for a swim and bike class, a bike and run class, or both. Our coaches will introduce to you this growing endurance sport while developing your technique, tactics and approach to racing.

Classes	Dates	Code#	MEMBER	NON MEMBER
Tues (9 classes)	Jan 3-Feb 28 7:00-8:30pm	Code# 40479	\$210	\$231
Thur (9 classes)	Jan 5-Mar 2 7:00-8:30pm	Code# 40480	\$210	\$231
Tues/Thur (18 classes)	Jan 3-Mar 2 7:00-8:30pm	Code# 40482	\$370	\$410

3433 SPORT PERFORMANCE STRENGTH AND MOBILITY

COMPETITIVE FOR LIFE: With a ratio of 12 athletes to 1 coach, these classes will allow participants to develop the foundation of technique for strength and conditioning. Specifically, LLew will run athletes through his signature running mobility warm up and transition through a periodized strength program that athletes will be expected to perform twice more each week. Dependant on weather.

Classes	Dates	Code#	MEMBER	NON MEMBER
Thurs (12 classes)	Jan 5-Mar 23 6:30-8:00pm	Code# 40475	\$155	\$175

3433 SPORT PERFORMANCE TRIATHLON SWIM

COMPETITIVE FOR LIFE: These swim sessions open to all 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.

Classes	Dates	Code#	MEMBER	NON MEMBER
Mon (12 classes)	Jan 9-Mar 27 12:00-1:00pm	Code# 40471	\$125	\$138
Tue (12 classes)	Jan 3-Mar 21 6:30-8:00pm	Code# 40472	\$136	\$150
Wed (12 classes)	Jan 4-Mar 22 12:00-1:00pm	Code# 40469	\$125	\$138
Fri (12 classes)	Jan 6-Mar 24 12:00-1:00pm	Code# 40470	\$125	\$138

MEMBER NON MEMBER

3433 TRIATHLON CLUB GROUP RIDE

COMPETITIVE FOR LIFE: Cyclists can join our Triathlon Club members and ride in a group setting using their own bicycles on the Tacx ergotainers. Focus specifically on increasing your cycling power for the spring by training with power output in a motivating group setting. Make the bike your strength for next season.

Classes	Dates	Code#	MEMBER	NON MEMBER
Mon (31 classes)	Jan 14-Aug 12 9:00am-12:00pm	Code# 40473	---	\$300

3433 PERFORMANCE GROUP CYCLING PACKAGE

COMPETITIVE FOR LIFE: Ideal for the performance or competitive minded cyclist this offseason cycling package is the perfect mix of one group training session at the Talisman Centre and two planned training sessions for you at home. The weekly in-class session and two homework session provided through TrainingPeaks™ online or mobile application. These sessions build throughout the year and are structured to help the cyclist achieve their goals while maximizing their investment in training time. This package also includes an \$80.00 credit toward 3433 gear once throughout the season.

Classes	Dates	Code#	MEMBER	NON MEMBER
Tues (31 classes)	Jan 3-Aug 1 6:30-8:00pm	Code# 40456	\$480	\$510
Thur (31 classes)	Jan 5-Aug 3 6:30-8:00pm	Code# 40457	\$480	\$510
Fri (31 classes)	Jan 6-Aug 4 9:30-11:30am	Code# 40460	\$480	\$510
Mon (31 classes)	Jan 3-Aug 1 9:30-11:30am	Code# 40458	\$480	\$510

3433 PARA CYCLING

FIT FOR LIFE, COMPETITIVE FOR LIFE: Under the guidance of renowned Canadian Para Cycling coach, Stephen Burke, the 3433 Sport Performance the Para Cycling Initiation program to provide 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 3433sportperformancecentre.com.

3433 YOUTH CYCLING

LEARN TO TRAIN, TRAIN TO TRAIN: The youth cycling program is ideal for athletes: transitioning from other a different organized sport, looking for another sport between seasons, as well as new athletes entering cycling for the first time. Our purpose is to initiate and foster a lifelong love of cycling while introducing various disciplines of the sport road, track, MTB and triathlon disciplines in 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 please visit www.3433sportperformancecentre.com 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 please visit www.3433sportperformancecentre.com 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. 3433 Triathlon Club is 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 please visit www.3433sportperformancecentre.com for more info.