

**Gail Flint**  
 109 - 53050 Range Road 220  
 Ardrossan, Alberta  
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 780-922-3769  
[gflint@telusplanet.net](mailto:gflint@telusplanet.net)

### Upcoming Winter Classes

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Swim 8:30 Swim 9:30	Spin 11:00 Strength 12:00	Swim 10:15			Spin 10:30 Strength 11:30 a.m.	
		Total Immersion Swim 7, 8			Bootcamp 7:00 p.m. 2.25 hrs	Bootcamp 10:30 a.m. 2.5 hrs

**Sunday Total Immersion 1 day clinic January 22, 9:30 a.m. to 5:30 p.m. Fees \$200.00**  
**Level 1 – Balance in the Water**

**Location: Kinsmen in Edmonton.** Room for 8 participants, We start the day off with a 1 hour classroom introduction to finding balance and efficiency in the water. We then have a 2 hour swim with underwater video. There will be a lunch break and then we return to the classroom to assess the video. We will return once more to the water to work on our problem areas and video again. We then return to the classroom to view the final video and deal with any other questions and answers.

**Sunday Total Immersion 1 day clinic Feb 12,, 9:30 a.m. to 5:00 p.m. Fees \$200.00**  
**Level 2 – Timing and Tuning your Stroke**

**Location: Kinsmen in Edmonton.** Room for 8 participants, We start the day off with a 1 hour classroom introduction to cover advancing our swim. We then have a 2 hour swim with underwater video. There will be a lunch break and then we return to the classroom to assess the video. We will return once more to the water to work on our problem areas and video again. We then return to the classroom to view the final video and deal with any other questions and answers.

**Monday Spin Class:11:00- 12:00 a.m. on January 9 - Fees \$90.00 - 10 classes. 60 minute class of spin. Omit Date Feb 20, Last Class March 19**

**Location: Spin bikes in Millennium Place** Take this at your own pace and when you are ready to start pushing yourself, it is all up to you how hard you go. Lots of high energy activities on and off the bike. This is a fast 1 hour.

**Monday Strength and Core Class:12:00- 1:00 a.m. on Januray 9 - Fees \$90.00 - 10 classes. 60 minute class of Strength and Core. Omit Date Feb 20, Last Class March 19**

**Location : The Leisure Loft in Millennium Place.** Whether you have a great core and strength, or not, this class will work your core and improve your strength in areas you may not have previously done them. This class is focusing on balancing the workout to make sure you get it all in.

**Monday Spin and Strength Class 11:00 – 1:00 a.m. on January 9 - Fees \$160.00 - 10 classes. 120 minute class of strength and spin. Omit Date Feb 20. Last Class March 19**

**Location: spin bikes in Millennium Place.** Combine the spin and strength for a high paced 2 hour class that works your cardio, strength and core and leaves you ready to say you have done it all. You will need to bring nutrition to this class so that you can continue to keep your effort up for the 2 hours.

**Tuesday Morning Swim -10:15 - 11:15 a.m. on January 10, Fees \$116.00 for 11 classes**

**Location Lane 1, and 2 at Millennium Place Pool, Last Class March 20.** We cover the basics of swimming and form. We will work on building efficiency in the water.

**Tuesday Total Immersion Swimming - 7:00 p.m. - 8:00 p.m. on January 10. Fees \$264.00 for 12 weeks, Last Class March 27**

**Location Kinsmen Swimming Pool in Edmonton.** This class will cover the basics of balance in the water and moves through breathing and momentum. You will receive underwater video progression of your swim. We will be covering all of the total immersion drills through this session.

**Tuesday Total Immersion Swimming - 8:00 p.m. - 9:00 p.m. on January 10. Fees \$264.00 for 12 weeks, last class March 27**

**Location: Kinsmen Swimming Pool in Edmonton..** This class will cover the drills beyond balance drills. We focus on perfecting balance, timing and momentum. You will receive underwater video progression of your swim. We will be covering all of the total immersion drills through this session.

**Friday Bike Bootcamp -10:30 a.m. - 11:30 a.m. - Fees \$63.00 January 13 for 7 classes. Omit Dates are Feb 10, 17, March 2. Last Class March 16**

**Location at Millennium Place on the spin bikes.** This bootcamp is 60 minutes, fast paced bike with strength and core conditioning for athletes built into every minute. The 60 minutes will be on and off the bike, you will have aerobic sets interspersed with strength sets. Set your own pace or push your limits.

**Friday Strength and Core-11:30 a.m. - 12:30 a.m. - Fees \$63.00 – January 13 for 7 classes, Omit Dates are Feb 10, 17, March 2. Last Class March 16.**

**Location: the Leisure Loft in Millennium Place.** This is 60 minutes of strength and core conditioning. Proper form and posture will be the focus on each set. Set your own pace or push your limits.

**Friday Bike and Strength Bootcamp -10:30 a.m. - 12:30 a.m. - Fees \$112.00 - January 13 for 7 classes, Omit Dates – Feb 10, 17, March 2. Last Class March 16.**

This bootcamp is 120 minutes, fast paced bike with strength and core conditioning for athletes built into every minute. The 60 minutes will be on and off the bike, you will have aerobic sets interspersed with strength sets. Set your own pace or push your limits.

**Friday Bootcamp - 7:00 p.m. - 9:15 p.m. - Fees \$204.00 January 13, 12 classes, Last Class March 30**

This bootcamp is 135 minutes, fast paced bike with strength and core conditioning for athletes built into every minute. It begins on the spin bikes for 75 minutes of spin and intervals of strength thrown in. Then we move to the leisure loft to finish with strength, core and stretching. You will get to use therabands, bosu balls, stability balls, medicine balls, and weights. This class works on athletic endurance and power. You will need a water bottle and food or gel.

**Saturday Bootcamp - 10:30 a.m. - 1:00 p.m. Fees \$234.00 January 7, 13 classes, last class March 31.**

This Bootcamp is 2.5 hours long, you get 90 minutes of biking followed by 60 minutes of core and strength. This is a perfect combination of aerobic and power training. This is a fast paced class where you are on and off the bike doing power sets and challenges. This is a class that requires a water bottle and food (gels). All of the strength and core is built in to get you prepared for Triathlon. You will have the stamina at the end of this class to be able to do a 3 hour bike ride, so for those planning to do events this summer this is the perfect winter training.

**Sunday Morning Swim Beginner-10:00 - 11:00. Fees \$105.00 January 8 for 10 classes, Omit Dates Jan 22 and Feb 12, last class March 25**

**Location: at Millennium Place Pool,** we cover the basics of swimming and form. We will work on perfecting freestyle through drills and specific swim sets

**Sunday Morning Swim Advanced 11:00 - 12:30. Fees 128.00 January 8 for 10 classes, Omit Dates Jan 22 and Feb 12, last class March 25**

**Location: at Millennium Place Pool.** We will be working on building endurance, speed , power and group swim tactics.

**Personal Information:**

Name: \_\_\_\_\_ Gender: M F

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alberta Health Care: \_\_\_\_\_

Health issues that may affect your training: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Payment: cheque (payable to "Gail Flint")**

One waiver will work for this session.

Please mail cheques signed waiver and completed entry forms to:

**Gail Flint 109 – 53050 Range Road 220 Ardrossan, Alberta, T8E 2C7**

**Winter 2012 Registration Form:**

**Classes:**

**Amount**

<input type="checkbox"/>	<b>Sunday Total Immersion Clinic Jan 22 – Level 1</b>	<b>\$200.00</b>	_____
<input type="checkbox"/>	<b>Sunday Total Immersion Clinic Feb 19 – Level 2</b>	<b>\$200.00</b>	_____
<input type="checkbox"/>	<b>Monday Spin</b>	<b>\$90.00</b>	_____
<input type="checkbox"/>	<b>Monday Strength</b>	<b>\$90.00</b>	_____
<input type="checkbox"/>	<b>Monday Spin and Strength</b>	<b>\$160.00</b>	_____
<input type="checkbox"/>	<b>Tuesday Morning swim 10:15</b>	<b>\$116.00</b>	_____
<input type="checkbox"/>	<b>Tuesday swim 7:00 p.m. Jan 10</b>	<b>\$264.00</b>	_____
<input type="checkbox"/>	<b>Tuesday swim 8:00 p.m. Jan 10</b>	<b>\$264.00</b>	_____
<input type="checkbox"/>	<b>Friday Bike Bootcamp morning</b>	<b>\$63.00</b>	_____
<input type="checkbox"/>	<b>Friday Strength morning</b>	<b>\$63.00</b>	_____
<input type="checkbox"/>	<b>Friday Bike and Strength morning</b>	<b>\$112.00</b>	_____
<input type="checkbox"/>	<b>Friday Bootcamp Evening</b>	<b>\$204.00</b>	_____
<input type="checkbox"/>	<b>Saturday Bootcamp</b>	<b>\$234.00</b>	_____
<input type="checkbox"/>	<b>Sunday Swim Beginner 8:30 – 9:30 a.m.</b>	<b>\$105.00</b>	_____
<input type="checkbox"/>	<b>Sunday Swim Advanced 9:30 – 11:00 a.m.</b>	<b>\$128.00</b>	_____
		<b>Total</b>	_____