

TRI KLOSTERNEUBURG MEMBERSHIP DEALS AND CLASSES

2017/18 Season (September 11, 2017 – September 9, 2018)

(As of September 1, 2017, may change)

Basic annual membership 2017/18: no sessions or classes included

- valid from September 11, 2017 until September 9, 2018
- allows you to apply for annual license with Austrian Triathlon Union ÖTRV (see ÖTRV for license fees)
- Participation in various training camps during Christmas, Easter and Pentecost holidays (costs to be advised)
- 30% off www.asics.at for bulk orders
- 25% off club gear (Teaspo, XA Sports, Skinfit) for bulk orders
- for an additional fee: performance diagnostics, medical checkup, training plans (prices on application)
- Basic membership is included in the semester packages (see below)

→ **Basic membership: € 60.- per year**

Semester-Package Elite (1+1): Basic membership + 1x Swim / 1x Run per week (Starts September 11)

- 1x Swim training Tuesday, Thursday, Friday or Saturday at dedicated times and in reserved lanes
- 1x Run training on Monday or Saturday at dedicated times and in reserved lanes
- Participation in bike rides on Sundays
- Entry to Happyland not included (to be paid individually or with semester ticket)
- Sessions for „Swim/Bike/Run“ as per attached list „Training Sessions 2017/18“

→ **Adults: € 150.-**

→ **Pupils (ca. 9-15 years), Youth/Students (ca. 16-24 years): € 100.- per semester**

Semester-Package Pro (2+2): Basic membership + 2x Swim / 2x Run per week (Starts September 11)

- 2x Swim training Tuesday, Thursday, Friday or Saturday at dedicated times and in reserved lanes
- 2x Run training on Monday or Saturday at dedicated times and in reserved lanes
- Participation in bike rides on Sundays
- Entry to Happyland not included (to be paid individually or with semester ticket)
- Sessions for „Swim/Bike/Run“ as per attached list „Training Sessions 2017/18“

→ **Adults: € 230.-**

→ **Pupils (ca. 9-15 years), Youth/Students (ca. 16-24 years): € 130.- per semester**

Semester-Package Run only (Starts September 11)

- Use of run training sessions only (Run training / outdoor and indoor training) on Mondays and Saturdays at dedicated times and in reserved lanes

→ **Adults: € 80.-**

→ **Pupils (ca. 9-15 years), Youth/Students (ca. 16-24 years): € 60.- per semester**

Swim course: Freestyle for beginners and advanced (Starts October 3)

- for children 5 years and older, students, adults
- Focus on technique to learn all swim styles, small groups
- Make-up for missed class possible
- Temporary club membership for the duration of the course, ends automatically at end of the course
- Entry to Happyland not included (to be paid individually or with semester ticket)
- May participate in run training on Monday and Saturday, as well as Sunday bike rides (from September 11)

→ **Course for adults: € 249.-** (10 one-hour sessions)

→ **Course for children (ca. 5-9 years) € 130.-** (12 sessions at 45 or 60 minutes)

Happyland-Semester Ticket

- valid 1/9/2017 – 31/1/2018 und 1/2/2018 – 30/6/2018 for entry to Happyland any time
- max. 3 entries per week, at 2 hours each

→ **Semester Ticket Adults: € 74.-**

→ **Semester Ticket Youth/students (16-24 years): € 59.-**

→ **Semester Ticket Children (5-9 years) und pupils (10-15 years) : € 37.-**

Training Sessions for adults and youth/students (ca. 16-24 years)

Day	Mon	Tue	Tue	Tue	
Session	RUN	EARLY-SWIM	SWIM	SWIM – COURSE	
Time	18:00-19:30	6:30-8:00	20:00-21:30	20:30-21:30	
Focus	Functional + Run Training	Technique, endurance	30'Functional+60'Swim	Freestyle technique	
Offered during	Entire semester	Entire semester	Entire semester	10 classes from 3.10.17	
Target group	adult/youth	adult/youth	adult/youth	adult/youth	
Skill level	Levels I+II+III	Levels I+II+III	Levels I+II+III	Level IV	
Coach	Michi/Markus/Philip	Michi	Tanja	Christophe	
Place	Happyland	Happyland	Happyland	Happyland	
Meeting at	Running track	Lap pool	behind wave pool	Lap pool	
Day	Thu	Thu	Fri	Sat	Sun
Session	SWIM	SWIM	SWIM	RUN	BIKE
Time	19:00-20:15	20:15-21:30	16:30-18:00	10:00-11:30	from 10:00
Focus	Technique, endurance	Technique, endurance	Technique, endurance	Functional + Run Training	Road ride
Offered during	Entire semester	Entire semester	Entire semester	Entire semester	Entire semester
Target group	adult/youth	adult/youth	adult/youth	adult/youth/pupils	adult/youth/pupils
Skill level	Level II	Levels I+II+III	Levels I+II	Levels I+II+III	Levels I+II
Coach	Christophe	Christophe	Tanja	Michi/Markus/Philip	without coach
Place	Happyland	Happyland	Happyland	Happyland	Klbg. Area
Meeting at	Lap pool	Lap pool	Lap pool	Running track	in front of Happyland

Training Sessions for kids and pupils (ca. 5-15 years)

Day	Mon	Mon	Mon	Tue	Tue	
Session	RUN	OUTDOOR	INDOOR	SWIM – COURSE	SWIM	
Time	18:00-19:30	18:00-19:00	18:00-19:00	15:30-16:30	16:30-18:00	
Focus	Functional + Run Training	Endurance play	Indoor training	Improving technique	longer distances	
Offered during	Entire semester	Sep 11 - Oct 29	Oct 30 - Mar 25	12 classes from 3.10.	Entire semester	
Target group	adult/youth	kids/pupils	kids/pupils	pupils	pupils	
Skill level	Levels I+II+III	Levels I+II+III	Levels I+II+III	Level III , ca. 7-9 years	Level I+II (ca.10-15y.o.)	
Coach	Michi/Markus/Philip	Philip	Philip	Philip	Philip	
Place	Happyland	Happyland	Albrechtschule	Happyland	Happyland	
Meeting at	Running track	Grassy area/run track	Gymnasium	Lap pool	Lap pool	
Day	Wed	Wed	Thu	Sat	Sat	Sun
Session	SWIM – COURSE	SWIM – COURSE	SWIM	RUN	MTB	BIKE
Time	14:30-15:15	15:15-16:00	17:30-19:00	10:00-11:30	10:00-11:30	ab 10:00
Focus	Learning technique	Learning technique	longer distances	Functional + Run Training	MTB technique	Road ride
Offered during	12 classes from 4.10.	12 classes from 4.10.	Entire semester	Entire semester	Sep 11 - Oct 29	Entire semester
Target group	kids	kids	pupils	adults/youth/pupils	kids/pupils	adults/youth/pupils
Skill level	Level IV, ca. 5-7 years	Level IV , ca. 6-8 years	Level I+II (ca.10-15y.o.)	Levels I+II+III	Levels I+II+III	Level I+II
Coach	Christophe	Christophe	Christophe	Michi/Markus/Philip	Micky	no coach
Place	Happyland	Happyland	Happyland	Happyland	Aupark, terrain	Klbg. Area
Meeting at	Lap pool	Lap pool	Lap pool	Running track	in front of Happyland	in front of Happyland

**Tryout weeks September 11-24, 2017
Bring some friends and just drop by!**

APPLIES TO ALL PACKAGES:

No swim training (due to lap pool cleaning)

The lap pool is closed for cleaning from October 23-29.

No training on the following public holidays:

Thursday, Oct 26, 2017 National Day	Tuesday, May 1, 2018 Labor Day
Wednesday, Nov 1, 2017 All Saints' Day	Thursday, May 10, 2018 Ascension Day
Friday, Dec 8, 2017 Immaculate Conception	Thursday, May 31, 2018 Corpus Christi
	Wednesday, August 15, 2018 Assumption Day

No training during the following holidays (may change):

Christmas Sat 23.12.2017 - Sun 7.1.2018

Swim Thu 28.12.2017, Tue 2.1., Thu 4.1.2018: always 19:00-20:30, open to all groups

Semester Break Sat 3.2.2018 - Sun 11.2.2018

Swim Tue 6.2. and Thu 8.2. 2018 always 19:00-20:30, open to all groups

Easter holidays Sat 24.3.2018 - Tue 3.4.2018

Swim Tue 27.3. and Thu 29.3. and Tue 3.4. always 19:00-20:30, open to all groups

Pentecost holidays 19.5.2018- 22.5.2018

Swim Tue 22.5.2017, 19:00-20:30, open to all groups

Summer holidays 30.6.2018 - 9.9.2018

Summer program will be advised in June, 2018!

Training camps: possible during Christmas and/or Easter and/or Pentecost holidays: Times and fees to be advised!

Registration for packages and courses: www.webshop.triathlonklosterneuburg.at

Member discounts:

- Registration and payment by September 15: € 10.- early-bird discount per booking per person (Semester package or course)
- Registration and payment by September 30: Price as per webshop
- From October 1: € 15.- additional administration fee; no participation in training sessions without registration
- Family discounts: More than one adult or more than one child: € 10.- off per additional adult or per additional child (not valid in conjunction with early-bird discount)

Happyland Semester Ticket: can only be booked **in combination with a swim package or swim course** (i.e. not valid for basic membership or run-only). Happyland Ticket and Entry to Happyland only available after payment has been received. List of ticket owners will be updated and handed to Happyland weekly on Mondays.

ÖTRV-Licenses 2017: Can be booked through web shop, see ÖTRV-Website for license fees:

U23 and older: € 55.- // Juniors: € 30.- // School students: free (recommended due to insurance coverage!)

Member responsibilities:

- * Payment of membership following registration through the webshop
- * If a member participates in a race, TRI Klosterneuburg must be used as affiliated club, or ÖTRV license must be purchased citing TRI Klosterneuburg as club. Under no circumstances is it possible to participate in TRI K training sessions and register for a race using a different club name.
- * Each member commits to volunteer some of their time for the club (a few hours per year). The executive can advise possible tasks.

Tryouts: Tryout weeks from September 11-23, 2017

Just bring some friends and come along to a tryout session!

Please register in advance with Mag. Susanne Hödl-Oels: susanne.hoedl@gmail.com

Payments: Bank transfer to TRI Klosterneuburg club account:

BIC: GIBAATWWXXX IBAN: AT982011100009205543

Please quote your booking number from the webshop when transferring funds!