

Beginners bike sessions: @ Change HQ, 4 Market Grove, Lower Hutt*

19 Jan (8.00--9.30am)

2 Feb (8.00-9.30am)

Learning and development: Saturdays Lower Hutt - theory and/or practical (1-3pm window)*

25 Jan – bike w/shop

22 Feb – swim w/shop

28 Mar – run w/shop

25 Apr – nutrition insights

30 May – bike w/shop

20 Jun – swim w/shop

25 Jul – run w/shop

29 Aug – nutrition insights

19 Sep – bike w/shop

17 Oct – swim w/shop

21 Nov – run w/shop

19 Dec – nutrition insights

Supported sessions: Sundays (either 7am, 8am or 9am start times depending on session)*

SBR = swim / bike / run

26 Jan - SBR

23 Feb - SBR

29 Mar - SBR

26 Apr – Bike only

31 May - Bike only

21 Jun - Bike only

26 Jul - Bike only

30 Aug - Bike only

20 Sep - Bike / Run

18 Oct - SBR

22 Nov - SBR

20 Dec – SBR

Ocean water swim lessons: Fridays 6-7pm @ Point Howard or Petone*

10 Jan

21 Feb

28 Feb

13 Mar

27 Mar

9 Oct

30 Oct

13 Nov

20 Nov

11 Dec

Swim squad sessions: @ Huia Pool, Lower Hutt*

Tuesday 530-630am - we have 2 lanes (16 spaces) on Tuesday morning for those who can already swim.

Friday 6pm-7pm - we have 3 lanes (24 spaces) 1 lane will be for those learning to swim. The other 2 lanes will be for those who can already swim.

You will be allocated a permanent space for the 2020 sessions in February, before the pool swim squad training begins in March.

You will need to pay your pool entry fees or get a pool swim m/ship.

Dates below:

Tuesday 530-630am

March:

3,10,17,24,31

April:

7,14,21,28

May:

5,12,19,26

June:

2,9,16,23,30

July:

7,14,21,28

August:

4,11,18,25

September:

1,8,15,22,29

Friday 6-7pm

March:

6,13,20,27

April:

3,10,17,24

May:

1,8,22,29

June:

5,12,19,26

July:

3,10,17

August:

7,14,21,28

September:

4,11,18

*Please note that dates may change without notice. Although we will do everything we can to keep to this schedule.