



2009/10 PROGRAM COSTS AND DESCRIPTIONS

- **REGISTER NOW!**Book an appointment with coach to discuss goals and program options. This meeting with coach really helps us to get off on the right start with the program that is rewarding for you.
- Program runs September 2009 to end of August 2010 at University of Ottawa.

TECHNOSPORT PLANS AVAILABLE

ADVANCED ALL INCLUSIVE INTEGRATED PERSONAL COACHING PLAN

... \$1899.00 upfront for one year or \$2199.00 payment plan

Over 100 current Technosport participants and many past members have experienced the weekly meetings with coach which integrates work, home and sport life seamlessly with busy schedules...ultimately reaching desired sport and wellness goals.

... includes the following:

1. Counselling and motivation
2. Nutrition and weight management
3. Meet weekly with coach to review to plan daily/ weekly/ monthly/ yearly program.
4. Combination of any one or all of the following: Swimming Plan A, B, C or D /coached running group/yearly running plan/yearly cycling plan/yearly weight training plan/choice of other sport/wellness.

SWIMMING PLANS...see descriptions below

	UPFRONT	PAYMENTS
Swimming Plan A, B, C or D	\$899.00	\$949.00
Extra AM/noon swim time... <i>double your practice time</i>	\$149.00	\$199.00
Skills & Drills Fri. AM. and/or Thurs. PM	\$149.00	\$199.00
Learn to Swim Race	\$149.00	\$199.00
Private Swim Consultation	\$69.00	\$99.00

NON SWIMMING PLANS...for registered swimmers only-see descriptions below

Basic Integrated Coaching Plan	\$899.00	\$999.00
Coached Regular Spinning	\$369.00	\$399.00
Coached Endurance Spinning	\$189.00	\$219.00
Coached Running Group	\$269.00	\$299.00
Running or Cycling or Weight Training or Other Sport or Nutrition Plan	\$369.00	\$399.00
Personal 1 on 1 Certified Weight Training...one hour	\$90.00	\$120.00
Corporate Certified Wellness Seminars... half day	\$599.00	\$1200.00

NON SWIMMING PROGRAM DESCRIPTIONS

... only available with Swim Plan A, B, C or D ...see below

1. REGULAR SPINNING...*2 more sessions added no extra charge*

- 40 Lessons from October to end of April
- \$369.00 upfront or \$399.00 payment plan
- every Wednesday 6:30-7:30 or 7:30-8:30PM
- and every second Sunday 9:15-10:15 or 10:15-11:15AM

2. ENDURANCE SPINNING...*1 more session added*

- 10 lessons of 2 hours during winter
- \$189.00 upfront or \$219.00 payment plan
- every second Sunday 9:15-11:15AM

3. RUNNING GROUP...*every Wednesday Fall, Spring and Summer*

- \$269.00 upfront or \$299.00 payment plan

4. RUNNING or WEIGHT TRAINING or NUTRITION or CYCLE or OTHER SPORT PROGRAMMING (*not swimming*) ...*includes program set up and program adjustment meeting every 6-8 weeks*

- \$369.00 upfront or \$399.00 payment plan

5. BASIC INTEGRATED COACHING PLAN...*scheduling of weekly workouts which follows a yearly plan*

- \$899.00 upfront or \$999.00 payment plan
- similar to Integrated ALL INCLUSIVE Personal Coaching 2-4 meetings per month ... doesn't include running group, nutrition planning, weight training or counselling.

6. PERSONAL 1 ON 1 CERTIFIED WEIGHT TRAINING...one hour of coached weight training

- mastering effective warm-up for weight training
- ensure safe and proper technique
- current members \$90.00 per hour, non members \$120.00 per hour

7. CORPORATE CERTIFIED WELLNESS SEMINARS... *half-day interactive workshop with the objective and outcome to provide opportunities to understand key lifestyle factors and how they may impact your life, to assess your lifestyle choices and to identify manageable and actionable changes...see web site for past participants*

- **Trends-Facts & Figures...**D-Code Study, Nexus Generation
- **Demystifying...**What is Work Life Balance?
- **Be happy...**"The greatest and glorious masterpiece of man is to know how to live to purpose."
- **Stress...**"Beyond Overload-10 Secrets to Get Back Control"
- **Live Healthy...**Body Composition Analysis and effective Nutrition
- **Managing Your Life...**actionable plan to enhance work life balance and productivity
- *Current members \$599.00, non members \$1200.00*

SWIM PROGRAM...see swim "ADD ONS" below

Swim Plan A: 'early' morning swims only plus evenings and Saturday

Monday	5:30-6:30 AM or NOON-1PM not both
Tuesday	6:00-7:00 PM
Wednesday	5:30-6:30 AM or NOON-1PM not both
Thursday	6:00-7:00 PM
Friday	5:30-6:30 AM
Saturday	6:30-8:00 AM

\$899.00

Swim Plan B: 'late' morning swims only plus evenings and Saturday

Monday	6:30-7:30 AM or NOON-1PM not both
Tuesday	6:00-7:00 PM
Wednesday	6:30-7:30 AM or NOON-1PM not both
Thursday	6:00-7:00 PM
Friday	6:30-7:30 AM
Saturday	6:30-8:00 AM

\$899.00

Swim Plan C: 'early AM' & very late Friday AM only plus evenings & Saturday

Monday	5:30-6:30 AM or NOON-1PM not both
Tuesday	6:00-7:00 PM
Wednesday	5:30-6:30 AM or NOON-1PM not both
Thursday	6:00-7:00 PM
Friday	7:30-8:30 AM
Saturday	6:30-8:00 AM

\$899.00

Swim Plan D: 'late AM' & very late Friday AM only plus evenings & Saturday

Monday	6:30-7:30 AM or NOON-1PM not both
Tuesday	6:00-7:00 PM
Wednesday	6:30-7:30 AM or NOON-1PM not both
Thursday	6:00-7:00 PM
Friday	7:30-8:30 AM
Saturday	6:30-8:00 AM

\$899.00

SWIM PROGRAM ADD ONS

1. LEARN TO RACE PROGRAM: continues from last year!... gives you the best access to elite race strategies that take more time than can be offered during practice. Special pool, lecture and "one on one" session with Coach Duane Jones will help optimize race performance.

- \$149.00 upfront or \$199.00 payment plan
- Four or more... one hour small group pool sessions focus ... faster starts, turns, finishes and races
- Four or more ... one hour small group lecture and film sessions
- Four ... "one on one" personalized psychology, nutrition and race strategy sessions with Coach Duane Jones

2. SKILLS AND DRILLS: ...this session is a very small group session with personalized coaching used to do skills, drills, starts and turns

- \$149.00 upfront or \$199.00 payment plan ... Thursday and/or Friday sessions...
56 sessions total

3. EXTRA SWIM TIME:... **you get double the practice time for only \$149.00 upfront or \$199.00 payment plan**... allows you to select each of Monday/Wednesday/Friday 5:30 and/or 6:30AM and 7:30AM Friday practice and NOON – 1PM Monday and Wednesday...this is for the those who wish an extra 1.5 to 3 hour practice for more distance training for Triathlon and Ironman or gives you the ability to do a longer practice before or after vacation weekends/weeks or business trips. ...this is for the get home late previous night business travelers who may want the extra hour sleep or for those who just happen to be, for whatever reason, late for practice and can do the later practice or have to leave early from practice and can do the early practice instead. All this gives you the complete warm up-main sets-cool down which yields better results.

4. PRIVATE SWIM CONSULTATION:...includes video stroke analysis, take home video and follow up video analysis 2-4 weeks later conducted Friday 7:30-8:30AM...\$69.00 upfront or \$99.00 payment plan.