



Ealing Triathletes are part of Ealing Swimming Club, training at Gurnell Leisure Centre, Northolt Leisure Centre and Perivale Park Athletics track.

For new members we offer a 3 month trial for £115. This allows new members to try out different sessions. After the 3 months are up, new members can choose either Full membership or Pay as you Go membership. (During the introductory period, the new member cannot access the Masters swim programme or the ESM run sessions).

Full members pay a one-off joining fee of £40 to join Ealing Swimming Club.

Thereafter

Full adult membership is £49.50 a month by Direct Debit and entitles the member to make use of any of the triathlon sessions listed

Adult Triathlon Sessions – all sessions are coached except the Sunday ride.

Monday hill running with ESM 7:30pm

Tuesday Turbo 7 - 8pm

Wednesday Track with ESM 6:15 – 7:15pm or 7.15 – 8.15pm

Thursday Swim 8 - 9pm

Saturday Triathlon 9:30 - 11.00am

Sunday social ride, uncoached. Duration 1.5-3 hrs

In addition members have access to 2 Masters swim sessions a week chosen from: Monday, and Friday 9-10pm and Sunday 7-8pm at Gurnell Leisure Centre and coached by Mike Gallagher.

Adult Improver sessions Friday 9-10pm and Sunday 7-8pm at Gurnell Leisure Centre and coached by Christine Meek.

Tuesdays and Thursdays 6.05-7.15am, at Northolt Leisure Centre and coached by Filipe Alves.

Your Ealing Triathletes membership also includes membership to Ealing, Southall and Middlesex AC and track fees for the Wednesday session.

Adult Pay As You Go Membership This may appeal to those with irregular work patterns or family commitments. This membership covers all Masters swimming sessions and triathlon sessions, but does not include membership with Ealing, Southall and Middlesex AC.

How it Works! You pay an annual subscription of £120 to join, then purchase a pre-paid card for £70. The annual subscription is renewable on October 1st each year. If you join part way through the year, the subscription is pro-rated accordingly. Each time you train, your attendance is recorded and the £7 session fee is deducted from your card.

Once your card is used up, you can buy another.

ALL PAYG SESSIONS ARE £7