

STRIVE WINTER 2023 TIMETABLE & PRICE LIST

11 WEEK TRAINING PERIOD (9 JAN - 2 APR)

Break Week: Monday 20th - Sunday 26th February - NO SESSIONS

NEW CLIENTS - email us at info@westrive.gg to book your subscription or course.

RUN & STRENGTH SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
Monday Run Fit 6.30pm (Athletics Track or Town)	£125 (11 sessions)
Tuesday Strength & Conditioning 6.30pm Guernsey Institute - Delancey Campus	£125 (11 sessions)
Thursday Strength & Conditioning 6.30pm ** 6 week trial period ** Guernsey Institute - Delancey Campus	£68 (6 sessions)
Drop In - any session (subject to availability)	£14.00

SWIM FIT (POOL) SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
Tuesday (Technique & Endurance) 6.30am LBHS	£131 (11 sessions)
NEW Wednesday (Speed & Endurance) 6.30am LBHS	£131 (11 sessions)
Friday (Speed & Strength) 6.00pm SSHS	£131 (11 sessions)
Sunday (Technique & Endurance) 10.00am SSHS	£131 (11 sessions)
Swim Fit Drop In (Pool) (subject to availability)	£14

COURSES

COURSE	FEE	TERMS & CONDITIONS
Learn Front Crawl (6 x 1 hour sessions) Sundays 11.00am SSHS	£87	16 people max
Water Confidence (6 x 1 hour sessions) Sundays 11.00am SSHS	£87	10 people max

PERSONAL TRAINING

TYPE	FEE	TERMS & CONDITIONS
Face-to-face Gym, run, circuits, bike	From £60 / hour	For 1 person, or min charge £100 for 2 people
Bespoke training plan (single sport)	From £60 / month	Includes 1 x 20 min phone call per month
Bespoke training plan (multisport)	From £80 / month	Includes 1 x 20 min phone call per month, training peaks access and monitoring

TERMS & CONDITIONS

Before joining your first ever session with Strive Coaching & Development, you are required to complete our SIGN UP document which will be emailed to you on request.

ALL payments must be received PRIOR to your first session via bank transfer or for drop in, our SumUp machine is available on the day..

Strive no longer accepts CASH

Refunds - subscriptions

If you need to cancel your subscription before the training block commences a full refund (minus a 10% admin fee) will be given. Any cancellations must be made 5 working days before your FIRST session to receive your refund.

If you need to cancel your subscription DURING the training period due to extenuating circumstances, a 50% refund of the remaining portion of the block (minus 10% admin fee) will be given.

Any sessions missed within the block will not be carried forward or offered as credit within following training blocks.

Session cancellations

In the event of your session being cancelled due to unforeseeable circumstances (facility closure, staff illness) we will endeavour to offer a 'make up' session.

SPECIAL COVID-19 TERMS & CONDITIONS

In the event of a further lockdown in relation to a Covid-19 outbreak in Guernsey we will pause the training block and cease the running of all sessions (if restrictions are in place). Any remaining sessions within the block will roll over into the period following lockdown and the training block will continue from the week it was paused. We will not offer refunds for subscriptions or session passes that are valid for the training block affected by lockdown. The sessions linked to a subscription or session pass will remain as 'credit' to use, as the lockdown restrictions are lifted. If the lockdown period remains in place for longer than 90 days, refunds will be offered.