

Summit Timetables

	<u>Morning Session</u>	<u>Afternoon Session</u>	<u>Evening Session</u>
<u>Monday</u>	Maintenance	Maintenance	18:00-Dark (21:00 max) Ladies Night SUMMER HOURS ONLY
<u>Tuesday</u>	10:00-13:00 Reserved for Private Coaching Sessions	14:00-17:00 Reserved for Private Coaching Sessions	CLOSED
<u>Wednesday</u>	10:00-13:00 Open Session	14:00-17:00 Reserved for Private Coaching Sessions	CLOSED
<u>Thursday</u>	10:00-13:00 Reserved for Private Coaching Sessions	14:00-17:00 Open Session	18:00-Dark (21:00 max) Open Session SUMMER HOURS ONLY
<u>Friday</u>	10:00-13:00 Reserved for Private Coaching Sessions	14:00-17:00 Open Session	CLOSED
<u>Saturday</u>	10:00-13:00 Family Fun Session*	14:00-17:00 Open Session	CLOSED
<u>Sunday</u>	08:00-11:00 Open Session	12:00-16:00 Reserved for Private coaching sessions	CLOSED

	AM	PM		
Saturday	10:00-13:00 Family Fun Session + Kids Club Coaching 11:00-12:30 1 st and 3 rd Saturday of every month!	14:00-17:00 Open Session		
		08:00-11:00	12:00-13:30	14:00-16:00
Sunday	Week 1	Open Session	U18 Trail Confidence	18+ Trail Confidence
	Week 2	Open Session	U18 Trail Progression	18+ Trail Progression
	Week 3	Open Session	U18 Trail Confidence	18+ Airtime
	Week 4	Open Session	U18 Trail Progression	18+ (will choose when we know what is in demand!)

- The Family Fun Session is aimed to encourage kids into mountain biking in a friendly environment, so participants require at least 1 responsible adult/ child combination. So could be 1 parent to a small group of kids, 2 adults with 1 child, any combination up to 1 adult per 4 kids, but please no aggressive “send it” type riders, this is a session for development of the little riders of tomorrow! Responsible adults don’t have to be riding, but they have to be on-site to observe in the chill area. All kids have to have a responsible adult present.
- Open Sessions are open to all members; however certain trail features will be closed until riders “unlock” them after showing one of our coaches they are capable of doing smaller features competently, and repetitively. Some features will require additional waivers to be signed to ride – saying you have been advised on coaching techniques, and you are riding at your own risk. The Hero and Super Hero drops will always have a coach attending if riders are riding them, and will be closed after riders have finished sessioning, they will never be left open and/or unattended.