

# TRIATHLON SWIM TRAINING

**Session 4: Sundays 5 to 5:45pm**

**Sessions 5 & 6: Sundays 3-3:45**

*Train for SPY's  
annual triathlons as  
well as other  
competitions!*



**Open to adults and youth 10 & over**

**Includes stroke technique & endurance training**

**Coached by SPY Swim Team and SPY Masters coaches**

*Combine your swim  
workout with easy  
access to the B & A  
Trail for biking or  
running!*



**Session 4: February 7-28**

**Session 5: March 21-April 18 (no class 4/4)**

**Session 6: April 25-May 16**

**Course Code: 10702**

**Course Code: 10703**

**Course Code: 20701**

**Cost: \$40 per session**

