SWIM FOCUS
Triathlon Training Program

APRIL 6TH - JUNE 27TH, 2020
These structured practices will provide a positive environment and coaching necessary to succeed in triathlon and also provide a great social outlet for all involved.

TRAINING TIMES
MONDAYS — SWIM TRAINING
11:00-12 p.m. (through May 27th only)
6:15-7:15 p.m.

WEDNESDAYS — SWIM TRAINING
11-12 p.m. (through May 20th only)
6:15-7:15 p.m.
Mid-May will incorporate Open Water Swims

SEMINARS
NUTRITION & HYDRATION
THURSDAY, APRIL 15TH, 2020
5:30 pm (Wellness Center)

BIKE MAINTENANCE
THURSDAY, APRIL 23RD, 2020
7 p.m. (Spoke-n-Sport)

SWIM CLINIC
SUNDAY, MAY 3RD, 2020
6:15-8 p.m.

COST
$150 (BEFORE MARCH 25TH, 2020)
Non-members: $200

$175 (AFTER MARCH 26TH, 2020)
Non-members: $225

REGISTRATION
DEADLINE IS APRIL 1ST, 2020
To get the early bird registration sign up, in the Sales Office, before March 25th, 2020; price goes up on March 26th.

FOR MORE INFORMATION
Contact Kathy.grady@sanfordhealth.org

Exclusive specials from Spoke-N-Sport

Wellness Center
Sanford Health

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