

# Adult Swim Focus Triathlon Training Program May 28<sup>th</sup>-August 13<sup>th</sup>, 2025

## Triathlon Training Program Includes:

- Two group sessions a week with trainer
- Weekly email updates

## Training Times:

- Mondays: Meet at Wellness Center; Swim (6:20-7:15)
- Wednesdays: Meet at Lake Alvin or Wall Lake; Swim/Bike/Run (6:00-8:15 pm)

**Cost:** \$250.00 (\$300.00 non-member)  
Registration deadline is Wednesday, May 21, 2025

**Sign-up online at [sanfordwellness.org](https://sanfordwellness.org)**

<https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>

\*Participant must be able to swim and be comfortable in open water

For more information contact: [Kathy.grady@sanfordhealth.org](mailto:Kathy.grady@sanfordhealth.org)



*Fitness that **fits** your life.*

