

TRIATHLON & SWIMMING SCHEDULE*

*This schedule may change according to demand and subject to government rules and regulations;

BOOK YOUR SWIMMING SESSION

- +15 YEARS OLD
- ADULTS
- CHILDRENS

MONDAY	TUESDAY	THURSDAY	SATURDAY
KIDS TRIATHLON 16:00 90min	OPEN WATER SWIMMING (LAKE) 09:30 60min	TRISWIM (POOL) 09:30 60min	SWIM, CYCLE, RUN 09:30 150min
KIDS TRIATHLON 17:30 90min	ADULTS SWIM 13:00 60min	ADULTS SWIM 13:00 60min	
	BEGINNERS (4-6 YEARS) 16:30 40min	KIDS TRIATHLON 16:00 90min	
	INTERMEDIATE (+7 YEARS) 17:15 45min	BEGINNERS (4-6 YEARS) 16:30 40min	
	OPEN WATER SWIMMING (LAKE) 18:30 60min	INTERMEDIATE (+7 YEARS) 17:15 45min	
		KIDS TRIATHLON 17:30 90min	
		TRISWIM (POOL) 18:00 60min	