

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRISWIM</b> 10:00 60min	<b>KIDS BEGINNERS</b> 16:30 40min	<b>OPEN WATER</b> At the Lake 09:00 60min	<b>TRIATHLON FOR KIDS</b> Group 1 16:00 90min	<b>SWIM, BIKE, RUN</b> At the Lake 10:00 120min
<b>ADULTS SWIM</b> 12:00 60min	<b>KIDS INTERMEDIATE</b> 17:20 40min	<b>ADULTS SWIM</b> 12:00 60min	<b>KIDS BEGINNERS</b> 16:30 40min	
<b>TRIATHLON FOR KIDS</b> Group 1 16:00 90min			<b>KIDS INTERMEDIATE</b> 17:20 40min	
<b>TRIATHLON FOR KIDS</b> Group 2 17:30 90min			<b>TRIATHLON FOR KIDS</b> Group 2 17:30 90min	

## TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

BOOK YOUR SWIMMING SESSION

- +15 YEARS OLD
- ADULTS
- CHILDRENS