

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
TRISWIM 10:00 60min	KIDS BEGINNERS 16:30 40min	OPEN WATER At the Lake 09:00 60min	SWIM, CYCLE, RUN At the Lake 10:00 120min
ADULTS SWIM 12:00 60min	KIDS INTERMEDIATE 17:20 40min	ADULTS SWIM 12:00 60min	KIDS BEGINNERS 16:30 40min
TRIATHLON FOR KIDS 17:30 90min		TRIATHLON FOR KIDS 17:30 90min	KIDS INTERMEDIATE 17:20 40min

TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

**STAY UPDATED WITH ANY CHANGES
TO OUR SCHEDULE HERE**

BOOK YOUR SWIMMING SESSION

- +15 YEARS OLD
- ADULTS
- CHILDRENS