



Calling all swimmers and triathletes!

Reach your best swimming levels for fitness or competitions and swim with us in Weston!

Thursdays: 8-9pm

Saturdays: 12:30-1:30pm (dry-land 12pm on deck before the swim)

Our groups are friendly and our coaches are certified by Olympian Sheila Taormina and USAT.

Our workouts are fun and challenging.

And the best part of all this: you will meet new friends.

Drop-in fee \$20

10 sessions \$150

Register at www.trifitness.net or <mailto:Pascale@trifitness.net>



