

School Holidays Tri Program and Fun Race



In Conjunction with:
Elite Swimming Performance

4 COACHED SESSIONS PER WEEK & FUN RACE DAY

Includes:

TRAINING PROGRAM

Monday 29th June & 06th July
Time: 3pm to 430pm

- Swim & Ride

Wednesday 1st & 08th July
Time: 3pm to 430pm

- Swim & Run

FUN RACE

Saturday 11th July
Time: 8am to 930am

- Registration at 8am sharp
- Swim starts at 815am

Who can attend?

1. Minimum level of fitness is 50m freestyle swim only
2. Age grouping of 8 to 14 years
3. Maximum of 12 participants for midweek Training Program (no bike required)
4. Maximum of 40 participants for **FUN RACE DAY**

"Bike is required"

Cost:
Training Program \$90 (inclusive of **FUN RACE DAY**)

Payment at beginning of program

Fun Race Day only \$25
Payment on day (**cash only**)

Venue Details:

Training: Elite Swimming Centre
8 Attercliffe road Pascoe Vale

Melways: Map 17 D9

Fun Race: VU (Footscray Park Campus)
Sports complex

Melways: Map 42 C2

REGISTRATION:

BY Monday 22nd of June via email

- Can register for either **FUN RACE DAY** or Training program
- Email mat@etpa.com.au
- **Office: 93993985**
- **Web: www.etpa.com.au**

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