



TRIATHLETES SWIMMERS

*Need a swim tune-up before your first race?
EVEN CDA? BLACK HILLS, VICTORIA?
Do you veer right or left?*

**Open water swim clinics and
workouts**

**USAT SANCTIONED
EVENT**

WEDNESDAYS AT 6:15PM

MAY 15 AND 29 2019

CLINIC AND SWIM WORKOUT \$20.00

American Lake, Harry Todd Park
Under Picnic Shelter

SATURDAYS AT 8:00AM

MAY 11, AND 18, 2019

ALL LEVELS -- LAKE SWIM \$20.00

American Lake, Harry Todd Park
At The Beach

WEDNESDAYS AT 6:15PM

JUNE 12 & 26 2019

American Lake, Harry Todd Park
Under Picnic Shelter

SATURDAYS

JUNE 8 & 22, , 2019

OPEN WATER SWIMMING & CLINIC \$20.00

American Lake, Harry Todd Park

At The Beach

**Gain Confidence with a
USAT Certified Coach**

Lois Marquart

TRISPORT COACHING

Multi-time Nationals Age Group Winner

Ironman Canada COMPETITOR

XTERRA WORLD CHAMPIONSHIPS—SILVER

MEDALIST ALCATRAZ SWIM- PODIUM

WINNER Lois@Trisportcoach.com 253-380-

2900 cell www.trisportcoach.com/events