

BLOMIDON MULTISPORT CLUB

My First Triathlon

FRIDAYS - MAY 26TH - JULY 14TH, 2017 AT 5-7 PM



\$50 FOR BMC MEMBERS / \$80 FOR NON MEMBERS

* \$5 Swim Pass for each swim session applies for non-facility members

* BMC Members are eligible for Corporate Facility Pass

JOIN EXPERIENCED TRIATHLON COACH, SHANNON READ IN THIS INTRODUCTORY PROGRAM FOR TRIATHLON NEWBIES AND WOULDIBIES. OVER 8 WEEKS YOU WILL LEARN NEW SKILLS AND FOLLOW A SAFE, SIMPLE & MODERATE TRAINING PROGRAM THAT WILL GET YOU READY FOR YOUR FIRST LOCAL TRI-A-TRY

OR SPRINT DISTANCE TRIATHLON
(OR NOT - THERE'S NO PRESSURE TO ENTER AN EVENT!).

blomidonmultisportclub@gmail.com to register