



Masters & Triathlon Swimming

Spring Session

Date: Apr 2 - Jun 30, 2006 (indoor/outdoor pool)
Days: Mondays, Wednesdays, Fridays
Time: 5:30-7:00pm
Morning practices: Wed 6:00-7:30am (LC)
Sun 7:00-8:00am (Apr)
Sun 8:00-9:00am (May/Jun)
Cost: \$60/month for 3 practices/wk
Add \$10 for each additional practice/wk

To Register: Drop by during practice.
(Tell the front desk that you are with the Thunderfins)

* No practices on Stat Holidays
** MSABC/TriBC membership fees not included in costs
*** No exceptions or refunds on payments

Training for a triathlon?
Want to improve your stroke?
Need to build endurance?
Swimming for exercise?

Come on out and swim with the
Thunderfins!

Why:
Great coaching
Train at one of the best facilities in
Vancouver
Set your own goals
Achieve your best results!

Where:
UBC Aquatic Centre

Affiliation:
Masters Swimming Association of BC
Triathlon BC

For more information please contact:
UBC Swimming 604-822-8903
Or
Email: thunderfins@yahoo.com