



## Masters & Triathlon Swimming

### July & August

Date: July 5 – August 30  
Mon/Wed/Fri  
6:00-7:30am (LC, ODP)

Fees \$60.00/month

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](mailto:thunderfins@yahoo.com)