

Triathlon Swimming Program

Intermediate and Advance Tri-swim Trainings are now in Safra Tampines

Venue	Tampines Safra Club (Main pool)
Day	Friday
Time	7pm to 8.30pm
Duration	12 training sessions of 1.5 hrs each per term
Fee	S\$270 per term.
Level	Intermediate and Advance

**** Limited places are available!**

This Triathlon swimming program focuses on the Freestyle stroke, a fast and efficient stroke, practiced by top triathletes around the world. Emphasis will be on improving stroke techniques and efficiency followed by intensive strength and endurance swimming programs to prepare you physically and mentally to participate in Triathlon's Open water swims. Training will be conducted by **Mr Alex Tung** aka seamonsta, the Head Coach of **Singapore Master Swimming** (www.singaporemastersswimming.com), an adult swim school that offers swim training programs to adults and **Team Seamonsta**, a Triathlon Team.

He will share with you his vast experiences accumulated through years of participation in competitive open water and Triathlon/Ironman races. Over the years, he has helped many local as well as overseas triathletes realised their swimming potential. You can realise yours too!

For registration please contact:

96790976 (Alex Tung) / alex@seamonsta.com

Official Training Venue Provider

