

Hi everyone,

Now that Time Trials are well underway and it is warm enough to swim in the bay, we will be moving the YMCA Tuesday night Tri-club swim to **Monday night**. A wetsuit is not required (a nice to have but not necessary item). What you will need are Goggles and a **brightly coloured swim cap** very important! The first night we will work on basics of outdoor swimming ie: drafting and sighting, making our way out into the bay. Total mileage will be approx 100-1500 meters.

**Note:** this is a non-sanctioned swim and is not a "tri-team" workout. Please ensure that you bring a friend when you come, or know there will be others there with you - please do not swim alone.

### Details are as follows:

**Location:** Gawley Park Beach (Fuller to Midland point Road, turn right on Midland Point Road, then another right, onto Gawley Drive). The beach is located at the end of the road.

**Time:** 7pm.

The Y will still be open on Tuesdays until the new schedule for those who wish to continue swimming. There will not be any more workouts posted on the forum - there are plenty there to choose from if you need one.

Thanks and see you on Monday!

Sherrie