



Indoor Multisport

Rowathlon, Duathlon, Aquathlon and Triathlon

Ashford Leisure Trust working in partnership with Tri Spirit Triathlon Team, want to inspire your winter training and introduce you to the world of multi sports events.

Why not join our 4 week programme starting on Friday the 2nd November from 6.30 – 8.00pm in the gym at the Stour Centre. Tri something new for winter!

Week 1 – Intro and Rowathlon (row/bike/run)

Week 2 – Duathlon (run/bike/run)

Week 3 – Aquathlon (swim/run)

Week 4 – Triathlon (swim/bike/run)

Cost: The 4 week course is free to Stour Centre Direct Debit members and £10 per person for non members.

The course is designed for those aged between 14 and 25 years only and pre booking is essential.

Spaces are limited so don't delay!

Please call 01233 663503 for more information or to book your place.



www.ashfordleisuretrust.co.uk