



## Try A Tri This Dry!

Thursdays, 01 June ~ 20 July (8 weeks)

5:30 - 6:30pm

If you think Triathlon is only for the super fit then think again! Anyone can participate!

Come along to Team Aquarium's 'Try a Tri' land-based sessions and we can help you train for your first triathlon, such as Darwin Triathlon Club's Come & Try event on 23 July.

Julie is an accredited Triathlon Australia Development Coach, so you know you're in good hands.

Even if you don't intend to compete, triathlon training is a great way to improve your fitness, health & wellbeing, and make new friends!

You will need to bring your bike (any type of bike is fine), helmet, running shoes, water bottle and towel.

**Location:** Darwin Velodrome, Old McMillan's Road, Millner

**Cost:** \$10 per person

**Contact:** Julie - Team Aquarium on 0413 187 778 or

[teamaquariumtri@gmail.com](mailto:teamaquariumtri@gmail.com)

**Bookings essential!**

Tri something new!

Challenge yourself!

TEAM  
AQUARIUM  
TRI COACHING



[www.darwin.nt.gov.au/community/programs/healthy-darwin](http://www.darwin.nt.gov.au/community/programs/healthy-darwin)  
P: 8930 0419 | E: [healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)



Healthy Darwin