



We offer year-round teaching & training programs for young athletes of all abilities. Those who participate on our *Fig Garden Swim & Triathlon Team* are those who wish to improve their skills as a swimmer and / or triathlete. Our program is instructional and technique based with coaches both in the water (for swimming) and on land (for cycling and running). Our land based triathlon training on Tuesdays & Thursdays is an excellent conditioning program for all athletes striving to achieve speed and endurance.

To be eligible, all athletes must be able to swim one length of the pool unassisted.

Caroline Reynaud, Head Coach and 2010 *CCS Coach of the Year*, oversees our *Fig Garden Swim & Triathlon Team*. Known as one of the few coaches in California who focuses on stroke techniques, Caroline has had many nationally ranked swimmers as well as Olympic trial qualifiers.

Steffani Sanchez, certified USA Swimming Coach, USA Triathlon Coach and Personal Fitness Trainer, creates a program that encourages fitness and a healthy lifestyle.

For more information, visit www.figgardenswimandtriathlon.com.

**Our team motto is
quality, not quantity!**

We are very proud to be the host of the *Fig Kids Tri! Spring Triathlon Camp*.

See back for more information.



**Home of the Fig Garden Dolphins
since 1943.**

Fall Session - 2011

September 6th - November 17th

Winter Session - 2011 / 2012

November 28th - February 23rd

Spring Session - 2012

March 5th - May 10th

Summer Session - 2012

May 21st - August 2nd

All sessions run Mondays through Thursdays.

Swim Times

| | |
|-----------------------|-------------------|
| Beginner / Novice | 3:30 PM - 4:00 PM |
| Junior / Junior Elite | 4:00 PM - 4:45 PM |
| Senior / Senior Elite | 4:45 PM - 5:45 PM |

\$175.00* / Session: FGSRC Members
\$185.00* / Session: Non-FGSRC Members

**Registration / payment must be received
by the first day of each session.**

* Does **NOT** include *USA Swimming* and *USA Triathlon* registration (required). The 2011 registration fee is \$62.00.