

2nd Annual  
**GOT IT, USE IT!**  
ALL AQUATIC  
**TRIATHLON**

September 24, 2016

9:00AM - 1:00PM

Check in: 8:00AM - 9:00AM

Oro Valley Aquatic Center

- 🌀 Designed for all ages & abilities
- 🌀 Can be completed as a relay
- 🌀 Participants choose 3 different ways to move across the water; Each segment lasts 5 minutes (ex: 5 minutes swim, 5 minutes kick, 5 minutes run in water)
- 🌀 Quiet room with activities, and a quiet heat for those who perform best with less noise and commotion
- 🌀 Free t-shirt if registered by 09/10/16 🌀

Email or call Laura to register, or for more info:  
laura@findyourfins.org | 520-409-5436



**FREE EVENT**

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Find Your Fins (FYF) is a 501(c)(3) nonprofit organization using swimming to reach challenged populations, adding a healthy dynamic to life. We serve veterans, those recovering or struggling with addiction, individuals with special needs or disabilities, seniors, and financially burdened members of the greater Tucson community. We provide free ongoing swim lessons with a goal of providing transportation, suits and goggles, and aquatic therapy when needed.

SWIMMING  
FOR THE GOOD OF IT.