



Hosted by Paralympian Andy Lewis MBE

Sun March 10th 1-3pm @ Freedom Leisure Lydney Swimming Pool - Swim skills -
With Andy Lewis supported by GB Swimming Coach John Wood (Tri-coaching.co.uk)

Sun April 14th 10-11am @ Freedom Leisure Lydney Tennis Courts - Bike Skills -
Hosted by Andy Lewis & Team

Sun May 5th Freedom Leisure Lydney Astro Turf - Run Skills - Hosted by Andy
Lewis & John Wood

Sat June 2nd 3-4 Freedom Leisure Lydney - Mini Triathlon & Q&A - Hosted by
Andy Lewis, John Wood & Freedom Leisure

