



# Females In Training

## What is FIT?

**Females in Training (FIT)** is a not-for-profit community group for women of all abilities to enjoy safe, non-competitive training in a supportive atmosphere.

The group provides training sessions, coaching, advice and regular get-togethers for women with similar interests. Our main focus is on the three triathlon disciplines of swimming, running and cycling. We have accredited coaches in all three areas that can provide advice and training programs for beginners and novices through to an advanced level. We are particularly interested in providing support for women who are commencing or recommencing their involvement in physical activity.

## Training Activities

### Swimming

CISAC (Southern Cross Drive, Belconnen)	Wednesday	6.45pm - 8pm
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### Running

Lennox Gardens (Flynn Drive Yarralumla)	Tuesday	6.30am - 7.30am
Various Locations (see website for details)	Saturday	7.30am - 8.30am

### Cycling

West Block Carpark (Queen Victoria Tce, Parkes)	Friday	6.30am-7.30am
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Additional sessions are organised on an ad hoc basis through the FIT network. For more information on training activities, please call one of the numbers overleaf.

## Social Activities

To encourage networking, social activities are organised for members and their families and friends to take them beyond our regular training program.

*coaching, support, Participation*

## Who can join?

Any female over 18 years of age. Yearly membership is \$35 (reviewed annually) plus a \$5 joining fee (payable once only). Membership forms are available from our website [www.fitact.org.au](http://www.fitact.org.au) or at our training sessions. We welcome women from diverse cultural backgrounds

## FIT Contacts

General Enquiries                      [enquiries@fitact.org.au](mailto:enquiries@fitact.org.au)

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President                      Di Evans                      0427 228 550 (mb)

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Secretary                      Christine Zygadlo                      0408 960 954 (mb)

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Coaching  
Co-ordinator                      Sandy Waters                      0411 156 779 (mb)

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