



# HALF-DAY TRI CAMP

FOR CHILDREN AGES 7 TO 12 YEARS

**FRIDAY 12<sup>TH</sup> APRIL: 1:00 PM – 4:00 PM**



SESSION LED BY OUR JUNIOR TRIATHLON & MINI TRIATHLON COACHES

## INTRO TO TRIATHLON

### PRE-REQUISITS

- Children must be able to swim 25 meters & be comfortable in deep water
- Please bring a bike & helmet (any bike works!)
- Shoes to run in
- Swimsuit, Goggles & Towel
- Drinks & Snacks

**NOTES:** Course participants will NOT be on open roads.  
Training will take place on grass and tarmac in the park, and in the Swim & Sports Academy 25 M pool.

Contact reception on 01278 785909 for further details & enrolment. £20 PER CHILD