7-11 year olds Junior Triathlon Programs
Geelong Christian College Aquatic Centre
Term 1, 2013

About the Program

The ‘Try a Triathlon’ Program is designed to introduce the sport of Triathlon (swimming, cycling and running) to children aged 7-11 years in a FUN, SAFE and INCLUSIVE environment. It is run by certified coaches who are experienced triathlon competitors and qualified school teachers.

The program will be run over 7 weeks in Term 1, 2013. It consists of 7 half hour sessions with the final session a ‘Junior Triathlon Race’, providing the perfect environment for children to learn the skills of the sport, have fun and be active.

When is it?

Monday afternoons during Term 1 at the Geelong Christian College Aquatic Centre

4:00pm – 4:30pm for 7-9 year olds

4:30pm – 5:00pm for 9 – 11 year olds

Advanced Class 5:00pm – 5:45pm For previous participants of our Junior Triathlon Programs.

Cost and Inclusions

$110 for the 30 minute sessions and $120 for the advanced 45 minute session. This includes:

- Six 30 or 45 minute sessions run by qualified and experienced coaches
- A student workbook for the children to work through as they progress through the term
- A ‘Junior Triathlon Race’ in the final week of the program
- Participation medal at conclusion of the 8 weeks

How do I enrol?

For further information or to enrol, please contact us via info@getsetupinsport.com.au or 0402 299 589.

Class sizes are limited so please enrol early to avoid disappointment. Parents will receive a more comprehensive program structure on enrolment, including what to bring each week.

Please note: This is NOT a learn to swim session and participants need to be able to swim 50m freestyle continuously

Have a child OLDER than 12 who would like to try Triathlon?? Contact us, as we also have squads and services for teenagers aged 11-16 years around the Geelong/Torquay area, along with adult coaching services and on-line programs.
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