



Triathlon Swim Squad for 6-12 year old's

Monday 6 -7pm, Bold Park Aquatic Centre

A fun inclusive 7 week course open to boys and girls. Introducing swimming for triathlon.

Triathlon is an exciting sport for children. This program is designed by a Triathlon Australia Development Coach who is also an experienced Physical Education Teacher. The course focusses on age appropriate skills to enable kids to tackle the triathlon swim. It is delivered in a fun, supportive noncompetitive environment.

For enrolment contact:

girlslikeustriathlon@gmail.com

Dates:

Feb. 17–April 6

Price:

\$85.00

Entry level: Able to confidently swim 100 meters

Skills covered:

- Free style technique
- Breathing
- Sighting
- Swimming in a group
- Overtaking
- Turning around buoys

Equipment needed:

- Swimming bathers
- Goggles
- Kick board
- Fins / flippers
- Water bottle



ACCREDITED
DEVELOPMENT
COACH 2019-20

