

SOUTH DELTA

TRIATHLON CLUB

www.deltatriclub.com



South Delta Triathlon Club is pleased to announce our new kids KOS club -

Blast TriKids Club!

Introduce your kids to the great and challenging sport of triathlon! Training and instruction provided by certified triathlon coaches in a safe and supportive environment.

The South Delta Triathlon Club is a proud sponsor of the KOS Delta Triathlon!

FALL TRAINING CLASSES BEGIN ON SEPTEMBER 9!

SIGN UP SOON AS ENROLLMENT IS LIMITED TO 16

Training Dates - Fall Session:

Sept 13 to Dec 16. (2010 session will resume early January)

Start Date:

**Sun Sept 13 - swim at Winskill Aquatic Centre
Wed Sept 16 - bike/run from Ladner Leisure Centre**

Training Times:

**Wednesdays: Bike - 5 to 5:45 pm / Run 5:45 to 6:15 pm
Sunday: 5:15 pm - 6 pm swim**

Age requirements:

7 years (as of Dec. 31, 2009) to 15 years

Swim requirement: basic front crawl or freestyle ability and able to swim unassisted 25m.

Cost: \$100 for Fall Session plus \$10 TriBC fees (if non-members)

Contact: Neil Corbett at deltatriathlon@telus.net or 604-202-7007 to register