



LAPD Kids Tri Skills Program

KIDS TRIATHLON SKILLS PROGRAM

Great way to introduce your kids to the sport of Triathlons and to have fun along the way. Teaching them skills to be able to participate in a growing sport that the whole family can get involved in.

The program will supported by the LAPD Triathlon club being one of the oldest Triathlon Clubs in NSW and endorsed by Triathlon Australia that governs the sport in Australia. Program will run for 8 weeks Kids Tri Stars program starting in Term 4 2017.

YOU'RE COACH

John Arakelian, is an accredited Level 1 Community Triathlon Australia accredited coach and Master Personal Trainer. Has current Working with Children Cert and First Aid qualified. Experienced in coaching kids in learning new skills and being safe at the same time. Along with the support of the LAPD Triathlon Club.

WHAT TO EXPECT

The program consists of fun activities designed to build Triathlon skills in swimming, cycling and running.

Starts Saturday 14 October 2017 and runs for 8 weeks.

Primary school ages 5 to 12 for juniors and 13 years and up.

Cost is \$280 for U12 which includes the following -

- U12 Triathlon NSW membership and insurance.
- Kids Tri starter pack.
- Entry into pool.

For registration details please contact

Fiona on 0400 308 301 or email arakelianj@gmail.com

For more info on the club visit our website www.lapd.org.au.