



excéleration
 triathlon and multisport
www.excelerationtriclub.ca



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Spring Break 2 Week Intersession

	1st Week	2nd Week
Monday Swim	6:30-7:30am @ Templeton	
Monday Cycle/Run	5:30-7:30pm @ Seymour Demo	5:30-7:30pm @ Seymour Demo
Tuesday AM Swim	5:30-6:30am @ Templeton 6:30-7:30am @ Templeton	5:30-6:30am @ Britannia
Tuesday Bike/Run	5-7:00pm @ Templeton 5-6:30pm Cycle 6:30-7pm Run/Core	5-7:00pm @ Templeton 5-6:30pm Cycle 6:30-7pm Run/Core
Wednesday Cycle/Run	5:30-7:30pm @ Seymour Demo	5:30-7:30pm @ Seymour Demo
Thursday AM Swim	5:30-6:30am @ Templeton 6:30-7:30am @ Templeton	5:30-6:30am @ Britannia
Friday Swim	6:30-7:30am @ Templeton	
Saturday Bike/Run	9-11:00 am @ Stanley Park (Second Beach Concession) 9-11am Cycle 11-11:30am Run/Core	9-11:00 am @ Stanley Park (Second Beach Concession) 9-11am Cycle 11-11:30am Run/Core

Costs	2 Week Price
1-2 Times Per Week	\$52.50
3+ Times per Week	\$70.00



Register online:
www.ExcelerationTriClub.ca

YOS & Youth
 Ages: 11-19



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Britannia 3 Week Intersession

Monday AM-Advanced Swim	6-7:00am @ Renfrew
Monday-Swim/Run	5-7:30 PM @ Britannia 5-5:30 Dryland 5:30-6:30 Swimming 6:30-7:30 Running
Tuesday AM-Swim	5:30-6:30am @ Britannia
Tuesday-Bike/Run	5:30-7:30 PM @ Seymour Demo Forest 5-6:30pm Cycle 6:30-7pm Run/Core
Wednesday-Swim/Run	5-7:30 PM @ Britannia 5-5:30 Dryland 5:30-6:30 Swimming 6:30-7:30 Running
Thursday AM-Swim	5:30-6:30am @ Britannia
Friday AM-Advanced Swim	6-7:00am @ Renfrew
Friday-Swim/Run	5-7:30 PM @ Britannia 5-5:30 Dryland 5:30-6:30 Swimming 6:30-7:30 Running
Saturday-Bike/Run	9-11:30 am @ Seymour Demo 9-11am Cycle 11-11:30am Run

Costs	3 Week Price
1-2 Times Per Week	\$78.75
3+ Times per Week	\$105.00



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