



**respect    challenge    community    personal excellence    fitness    friends    family    fun**

# SPRING 2020: April 1-June 22—12 Weeks

Special Events—March 6-11 and June 17-22; No Practice—May 20

	Adventure Tri	KOS Group (Kids of Steel®)	YOS Group (Youth of Steel)	Youth
	Ages 4-6	Ages 6-10	Ages 11-14	Ages 15-19
Group Notes	movement skills, themes, games	technique in swim, run; bike, movement skills, core, games	technique in all sports, social development; introduction to fit-4-life training methods (e.g. core, recovery, etc.)	Enhancing and developing a life long love of sport. Enhanced training, with important social development, and the core components of becoming a triathlete
Monday	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>5:00-7:00pm</b> 5:00-5:35 swim 5:40-7:00 run / bike	<b>4:45-7:30pm</b> 4:45-5:35 swim 5:45-7:30 run / bike
Tuesday	<b>*BEGINNER SWIMMERS</b> please, contact the club <b>BEFORE</b> registering		<b>5:00-7:00pm</b> outdoor brick (bike + run)	<b>6:30-7:30am</b> swim  <b>5:00-7:00pm</b> outdoor brick (bike + run)
Wednesday	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>5:00-7:00pm</b> 5:00-5:35 swim 5:40-7:00 run / bike	<b>4:45-7:30pm</b> 4:45-5:35 swim 5:45-7:30 run / bike
Thursday			<b>6:30-7:30am</b> swim	<b>6:30-7:30am</b> swim
Friday	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>4:30-6:00pm</b> 50min out; 30 min pool <b>6:00-7:30pm</b> 30 min pool; 50 min. out	<b>5:00-7:00pm</b> 5:00-5:35 swim 5:40-7:00 run / bike	<b>4:45-7:30pm</b> 4:45-5:35 swim 5:45-7:30 run / bike
Saturday	<b>9:00-9:50am</b> swim  <b>10:10-11:00am</b> bike + outdoor games	<b>9:00-10:00am</b> swim  <b>10:10-11:00*am</b> bike + outdoor games <i>*KOS who go on the YOS long ride end at 11:30am</i>	<b>8:45-10:00am</b> 8:45-10am swim  <b>10:10-11:30*am</b> neighbourhood bike <i>*end time dependent on weather</i>	<b>8:45am-11:45am</b> 8:45-10:00 am swim 10:10-11:30am bike, run, transition skills (bring race gear), mental skills

This is our generic/base schedule: a full schedule for the club, YOS, Youth is available at <http://www.excelerationtriclub.ca/online-calendars/>

**Important Dates:** June 23—Excelleration's Tri it Triathlon

**No Practices:** Friday, April 19 (Good Friday) till Monday, April 22 (Easter), Monday, May 20th (Victoria Day)

## Fees (Seasonal)

	KOS & Ad Tri			YOS & Youth		
Length of Session	10 wks Mon	11 wks Fri & Sat	12 wks Wed	10 wks Mon	11 wks Fri & Sat	12 wks Wed
Total	\$160	\$176	\$192	\$190	\$209	\$228
*Sign Up for Seasonal days through Park's Board. *Sign Up for Yearly programs through Excelleration <a href="http://www.excelerationtriclub.ca">www.excelerationtriclub.ca</a>						

- We no longer have Sibling and Multi-day Discounts.
- Athletes may still register for multiple days.
- Kids of Steel, Youth of Steel, Youth; now have the option to register for the full year. This is handled directly by Excelleration (talk to Kris). You are still required to purchase a Hastings Membership.
- All 19 and under athletes registered in our program receive a free 2019 Triathlon BC membership. You will receive an email on how to register.
- All athletes are required to sign an Acknowledgement of Risk (Waiver), please see board members during the first week or front desk staff.

**RESPECT = #1. Please, be kind, thankful, and friendly to ALL members, other groups, staff, and public. Thank you!**