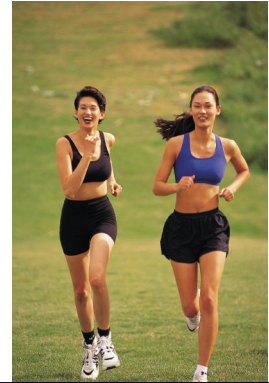




This is
Sports Development



Triathlon Programme



Session 1 – Bike skills, introduction to transitions, run

Venue: Huntcliff School, Saltburn

Date: Sunday 19th June

Time: 10am – 12pm

Session 2 – Swim skills, bike to run transitions

Venue: Guisborough Leisure Centre, Guisborough

Date: Sunday 17th July

Time: 10am – 12pm

Session 3 – Open water swimming session

Venue: TBC

Date: 24th July

Time: 10am – 12pm

- All sessions will be delivered by fully qualified British Triathlon coaches
- Each session will cost £4 each
- Participants must be over 16 to take part
- All abilities are welcome to attend
- For more information or to book a place on the programme please contact a member of the Sports Development Team on 01642 496430