



SCHOOL VACATION TRYSTARS PROGRAM

3-5 October

8.30-10.30am Tuesday to Thursday

6 October

8.30 to 9.30am Friday

TWEED REGIONAL AQUATIC CENTRE MURWILLUMBAH

For children aged 7 to 12

Children will learn skills involved in swimming, cycling and running from accredited coaches from Tweed Valley Triathletes.

Cost: \$75.00. Includes coaching, insurance, participants pack, plus pool entry (for those who need it) and membership of Tri Australia and Tweed Valley Triathletes.

Children will need to bring a bike, helmet, swimwear, running shoes, swim cap, goggles, towel, water bottle and sun screen.

To register go to <http://bit.ly/tweedtrystars> in your search engine or contact Chris Goudkamp on 0408 669174 or email cgoudkam@bigpond.net.au