Winter Youth Triathlon Training
Ages 6-16

December 11 - February 19
Saturdays 3 - 4pm
9-week session
(no practice 12/25 or 1/1)

The Youth Triathlon Training program is an excellent opportunity for kids who are interested in competing in the sport of triathlon to learn the fundamentals of swimming, biking, and running, in addition to those who are looking to continue their existing triathlon training. The program will conclude with all participants taking place in a mock in-house triathlon event at the Kingsbury Club Medfield.

Members: $225
Non-members: $270
**PROGRAM REQUIREMENTS**

Swim experience:
- Ages 6-10 must be able to swim 25 yards
- Ages 11-16 must be able to swim 50 yards
- All participants must be able to bike unassisted and without training wheels.

**PRACTICE BREAKDOWN**

The first practice will be a 2-hour long clinic which will focus on all three legs of the triathlon in addition to information related to race preparation and execution. Weeks 2-8 will be 1-hour practices focusing on training for the three different triathlon sports. During the final week of the program all participants will take place in a mock in-house triathlon event at the Kingsbury Club Medfield.

**REQUIRED EQUIPMENT**

All participants must provide their own:

**Swim:**
- Swimsuit: one-piece for girls and jammers/Speedo for boys
- Swim cap
- Goggles

**Bike:**
- Water bottle & water bottle holder
- Participants will be required to bring their own bike and helmet

**Run:**
- Appropriate shoes
- Water bottle
- Hat or visor/sunglasses

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**REGISTRATION. RETURNING PARTICIPANT:**

**App Directions:**
- Sign in.
- If you need to change participant being registered, go to PROFILE at the bottom of your screen and click arrow next to your name. Select appropriate name
- Click EXPLORE at the bottom of the page and go into PROGRAMS
- Click Category, scroll to SWIMMING POOL and click SHOW PROGRAMS
- Select program day and time. Click SIGN UP
- Confirm payment via credit card or House Charge and click SUBMIT

**Computer:**
- Go to Member Login on our website and sign in
- If you need to change participant being registered, click arrow next to your name and select appropriate name
- Click PROGRAMS on the left side menu
- Click ALL EVENTS, scroll to SWIMMING POOL and click SEARCH CLASSES
- Select program day and time. Click SIGN UP
- Confirm payment via credit card or House Charge and click SUBMIT

**First time in the program? Questions about your rating?**

Go to kingsburyclubmedfield.com/aquatics/group-swim-lessons-registration and fill in your information. You will hear from the coordinator shortly after.
- Registration Fee Policy: 10% of the cost of the program will apply to a non-refundable registration fee at the time of registration. 72 hours prior to the start of the program all program fees are non-refundable. Medical exemptions will be managed case-by-case, with a doctor’s note required.

For information on Aquatics, please reach out to our Aquatics Director, Chris Carpino at chriscarpinokcm@gmail.com

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