



## *Press Release*

### **Moose Jaw Family YMCA Offers New Program**

**Wednesday, February 15, 2012**- The Moose Jaw Family YMCA is very excited to offer children aged 8 to 15 years the Moose Jaw Multisport Club.

Swimming, Cycling, and running are three of the most popular world-wide fitness sports for all ages. The popularity of triathlon for children and youth is also growing. A new program is now available for youth 8 to 15 years old coordinated through the Moose Jaw YMCA. This 10-week program begins March 11, 2012 and will give youth the opportunity to participate in organized instruction and training sessions for multisport activities (i.e.: swim, cycle, and run).

Karla Terry, instructor, is qualified as a Trained Community Coach from Triathlon Canada which enables her to teach proper swim, cycle and run techniques.

### **Program Information**

The goal of the program is to provide an opportunity for youth to participate in a multisport activity program to have fun, promote fitness and participation, and to learn proper swimming, biking and running techniques. No experience is necessary!

Because this is a multisport activity, cross-training is built-in and participants will improve speed, aerobic endurance, strength and flexibility; therefore progressing their overall fitness ability. This program will also will provide confidence for youth that may be interested in participating in local multisport events; however this is not a requirement of the program.

### **Dates, Times, and Locations**

The session will start March 11, 2012 and will run for 10 weeks, this will provide youth who wish to try out for the Saskatchewan 2012 Summer Games training prior to the Zone 3 qualifier held in Swift Current, Saskatchewan on May 20, 2012.

- The session has the option of one or two classes a week.
  - Tuesday, 7:00 p.m. to 8:30 p.m.: Swim/Core
  - Sunday, 10:30 a.m. to 12:00 noon: Bike/Run/Agility at the YMCA (220 Fairford Street east)

**Cost**

- 10 classes (one class per week): \$60.00 for YMCA members; \$70.00 non-members
- 20 classes (two classes per week): \$120.00 for YMCA members; \$140.00 for non-members

The Strong Kids Campaign is available for those families that may not have the financial means to participate. At the YMCA, no one is denied access due to the inability to pay the full fee.

- A Saskatchewan Triathlon Association Corporation (STAC) Youth Membership will be required for insurance purposes. This is a \$20 annual fee. The STAC youth membership can also be used for entering any other provincial events or races throughout the season. To be paid directly to the STAC.

**Equipment needed**

- Bathing suit, goggles, towel
- Running shoes, socks, shorts, shirt, water bottle

For more information, please contact:

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