

CRESCENT BEACH SWIMMING CLUB
TRIATHLON & TINY TRI PROGRAMS
SUMMER 2026

Triathlon for Ages 9-15

The Crescent Beach Triathlon program is a great way for kids to stay fit and have fun while training for the end of the summer Kids Triathlon Event. Participants will train Mondays, Tuesdays, Thursdays, and Fridays under the direction of Head Coach Brayden Dumont, and Assistant Head Coaches Audrey Cox and Denny Tepper and Coaches Emily Ridge, Wolf Patterson-Ott, Nate Gustafson, Griffin Hammond, and Henry Hammond.

Participants are organized by age group:

Ages 9 - 10	10:00am – 10:55am
Ages 11 - 12	11:00am – 11:55pm
Ages 13 - 15	12:00pm - 12:55pm

Swim, Bike, Run

Triathlons involve participation in three sports: Swimming, Cycling, and Running. Participants are expected to have basic prior knowledge of these sports. Mondays will focus on swimming, Tuesdays are for cycling, Thursdays we run and on Fridays we try putting it all together! Participants must come to all classes with running shoes for the daily warm-up. On bike days participants must come with a bike and helmet and on swim days they must bring their own goggles.

Safety

The Triathlon program is great for kids who have lots of energy, enjoy being outside, like to challenge themselves, and love to have fun. The highest priority during the training sessions will be the safety of the participants. The coaches are there at all times to ensure that there is a properly marked route, radio contact, availability to first aid, and accident prevention. Participants are expected to adhere to all safety protocols laid out by coaches.

Triathlon is \$135/month

CBSC Kids Triathlon Event

The Kids Triathlon Event is on Sunday, Aug 16th from 8-11am and is open to all CBSC members ages 9-15 years (by Dec 31). Priority is given to Triathlon program participants (Jul or Aug). This is a fun event where kids are grouped by age.

- The 9-10 year olds will swim 8 lengths of the pool (200m), bike 1 loop of the snail river run, and run to Hooked and back.
- The 11-12 year olds will swim 12 lengths of the pool (300m), bike 2 loops of the snail river run, and run to the end of the beach path and back.
- The 13-15 year olds will swim 16 lengths of the pool (400m), bike 2 loops of the snail river run, and run to the end of the beach path and back.

You can register for the Kids Triathlon Event on Registration Day for a discount, otherwise registration for the Kids Triathlon Event will open on Activenet Aug 3rd and close 9pm Aug 13th.

\$10 on Registration Day (no-refund), \$20 in Aug.

NOTE: Aug 16 is the last day of swim provincials in Kamloops.

Tiny Tri for ages 6-8

The Crescent Beach Tiny Tri program is a great way for kids to stay fit and have fun while learning about triathlon. This program is an introductory triathlon training similar to our original Triathlon program but on a smaller scale for younger kids. Participants will learn under the direction of Head Coach Brayden Dumont, and Assistant Head Coaches Audrey Cox and Denny Tepper and Coaches Emily Ridge, Wolf Patterson-Ott, Nate Gustafson, Griffin Hammond, and Henry Hammond.

There are two options available each month:

Mon & Thurs	6-7 year olds	8:30am – 9:15am
Mon, Tues, Thurs, Fri	7-8 year olds	9:15am - 10:00am

Swim, Bike, Run

Tiny Tri is open to children 6-8 years old. Coaches may cover one or two disciplines (swimming, cycling and running) per day. Training is twice per week for 6-7 year olds or 4 times per week for 7-8 year olds (ages by Dec 31st). Children must be able to ride without training wheels and swim a minimum 2 lengths of the pool (50m) unassisted. The running and biking portions will be on the trails northeast of the clubhouse and/or along the beach path. Warm ups and games will be on the grass at the park across the street. Participants are expected to come to classes with running shoes, a bike and helmet.

Safety

The Tiny Tri program is great for kids who are interested in swimming, biking and running, and keen to try out the sport of triathlon in a fun, safe atmosphere. The highest priority during the training sessions will be the safety of the participants. The coaches are there at all times to ensure that there is a properly marked route, radio contact, availability to first aid, and accident prevention. Participants are expected to adhere to all safety protocols laid out by coaches.

2 days/week 6-7 year old Tiny Tri is \$75/month
4 days/week 7-8 year old Tiny Tri is \$125/month