

Make 2012 Your Best Year EVER!

Try Paratriathlon!

A brand new opportunity, exclusive to the Northeast is coming soon!

The **Try a ParaTri** programme is aimed at people with a disability to be introduced into the world of paratriathlon.

Whether you're a first timer or already competing in a different sport and fancy a change, then why not come along and give **PARATRI A TRY!**

The monthly programme will be led by British Triathlon qualified coaches, with sessions catered to suit your individual needs. The sessions are designed to cover each discipline of triathlon, so by the end of the 5 sessions you have the skills and knowledge to participate in an event either individually or as part of a team.

You don't have to attend all 5 sessions, you can pick and choose and no need to worry about equipment – if you haven't got it let us know and we'll supply it!

Whatever your goals are for 2012, make Paratriathlon part of it! Sessions cost £5 each or £20 for all 5.



Session 1: Saturday 3rd March

Time: 10am to 12noon

Session: Swimming Skills

Venue: Eston Sports Academy, TS6 9AE

Session 2: Sunday 1st April

Time: 10am to 12noon

Session: Cycling Skills

Venue: Prissick Sports Hub off Marton Road

Session 3: Saturday 26th May

Time: 10am to 12noon

Session: Running Drills and Skills

Venue: Guisborough Leisure Centre, TS14 6RD

Session 4: Saturday 16th June

Time: 10am to 12noon

Session: Open Water Swimming Skills

Venue: Eston Sports Academy, TS6 9AE

Session 5: Saturday 21st July

Time: 10am to 12noon

Session: Transition Training

Venue: Guisborough Leisure Centre, TS14 6RD

For more information or to book your place please contact Michelle Scott at michellescott@triathlonengland.org or call 07834542086