

# Initiation to triathlon program

Learn to swim!

Learn to run!

Learn to ride!

All in your backyard with  
Montréal's best!!



Program begins Monday, October 30  
through December 20

See Front Desk at Côte St. Luc Aquatic  
Center for pricing and availability.

## Kids of Steel comes to Côte St. Luc –

Join our NEW triathlon program for kids ages 6 to 11 years. This 8-week introductory program is designed to teach children to move through multisport principles with a focus on swimming, running and cycling.