



Recreation Services
City & County of Broomfield

**BROOMFIELD
RECREATION
SERVICES**

Triathlon Training

Mini Haha season is right around the corner!

If you need to get into shape or train for triathlon season, we offer several different programs designed to help you do your absolute best. There are classes to specifically target your swimming capabilities, stroke assistance and build endurance in the water. Other classes/clinics help you with the different events (swimming, biking and running, transition) that take place during triathlons and help build endurance, technique, as well as provide the motivation you need to succeed.



WE CAN'T GO BIG SO WE GO MINI...HAHA!



Triathlon Training:

This program is designed for beginners as well as the seasoned triathlete. Training takes you through all 3 events to work on technique, form, endurance and transitions. This 8-10 week training session helps provide the motivation needed to train and finish!

Age 14 years and older Location: PDRC

Fee	Day	Time	Date
\$120/\$135	MW	5:30-6:30 am	4/19-6/9
\$150/\$175	MW	6:30-8 pm	3/29-6/2
\$120/\$135	TTh	9:30-10:30am	4/20-6/10
\$150/\$175	TTh	7:00-8:30 pm	3/30-6/3
\$75/\$90	Sat	7-8:30 am	3/27-5/29
\$75/\$90	Sat	8:45-10:15 am	3/27-5/29

* Classes may meet at BCC and/or may meet earlier or later to practice route (due to limited pool times). Trainer will provide schedule and changes.

Not finding a class or time that works for your schedule? Send us an email with what you would like to see and we'll see what we can do! Or, if you can find at least 8 people, we will make a class for you!!!! Just email dawn at



Triathlon Clinics:

Are you participating in your first triathlon? Participating in the Mini Haha Triathlon or another triathlon? If you are looking for a little help and direction in your training, we can help!!! Come to one clinic or come to all!!! Please direct any questions to Dawn at drachjaibun@broomfield.org.

Age 14 years & older

Location: BCC

Swim: stroke and energy conservation, stroke refinement, and tips to help you improve your overall stroke.

Bike: discusses racing strategies, safety on the course, and monitoring your pace and perceived exertion.

Run: improve technique, training tips and finishing the race
Transition: discuss, race logistics, setting up equipment, saving time and training plans.

Mini Haha Specific: review route, transition area, tips and the do an actual trial run of the course!

Fee	Day	Time	Date	Clinic
\$20	Sat	2-4pm	4/3	Swim
\$20	Sat	8-10am	4/10	Bike/Run/Transition
\$20	Sat	2-4pm	4/17	Swim
\$20	Sat	7:30-10am	4/24	Mini Haha Route
\$20	Sat	2-4 pm	5/1	Swim
\$20	Sat	7:30-10am	5/9	Bike/Run/Transition
\$20	Sat	2-4pm	5/15	Swim
\$20	Sat	7:30-10am	5/29	Mini Haha Route



www.BroomfieldRecreation.com
303.460.6900 303.464.5500

Register with **class** eConnect Today!



Recreation
City & County

Triathlon Training

Aquatic Conditioning Class:

Looking for something new to try? Have you always been interested in swimming for fitness, but you don't where to start? Are you looking for some cross-training to help you keep in shape? This class works with all ability swimming levels to help improve strokes for efficiency as well as building endurance. This is perfect class for fitness swimmers or for swimmers looking to get into competitive swimming. We recommend that you take the adult/teen swim lessons prior to joining the class if you do not know how to swim yet. Price includes admission to the facility.

Age: 13 Yrs. & Over

R/NR	Day	Time:	Date:	Course #
\$60/\$66	TTH	7:30-8:30pm	2/16-3/18	33994
\$41/\$47	TTH	7:00-8:00pm	3/30-4/22	33995
\$41/\$47	TTH	7:00-8:00pm	4/27-5/20	33996

Location: PDRC

Masters Swimming!!!

Workout and have fun! The masters swimming program is designed for swimmers 16 and older and all levels of swimming are welcome to participate as long as you have the basic fundamentals of freestyle, breaststroke, and backstroke. We now have a coach that will lead participants through organized workouts and practices and will help with stroke refinement and endurance! Great for fitness swimming, training, competition, or just camaraderie! Come and join a great group of adults who love to swim, love the team, and will make you feel welcome! This is a year round program. *Fee is a drop-in fee. You may also purchase a 20 punch card or annual pass.

Location: BCC

Day	Time
MW	8-9:30 pm
Sat	6:30-8 am



Adult Swim Lessons:

This class helps you succeed in a skill that provides enormous health benefits. Feel free and confident in the water so you can enjoy a day at the pool to go on that vacation that you have always dreamed of. This class will meet your specific needs whether you want to conquer your fear in the water, develop your strokes or start training for a triathlon. The instructor works at your level to help you meet your goals. **Ages: 15 and over**

Location: BCC

R/NR	Day	Time	Date
\$29/\$35	Sat	10-10:50am	2/13-3/13

Location: PDRC

R/NR	Day	Time	Date
\$53/\$59	TTH	5:30-6:30pm	2/16-3/18
\$43/\$48	TTH	5:30-6:30pm	4/6-4/29
\$43/\$48	TTH	5:30-6:30pm	4/27-5/20
\$29/\$35	Fri	9:45-10:30am	2/19-3/19
\$23/\$29	Fri	9:45-10:30am	4/2-4/23
\$23/\$29	Fri	9:45-10:30am	4/30-5/21
\$25/\$31	Sat	9:00-9:50am	3/20-4/17
\$29/\$35	Sun	3:00-3:50pm	2/14-3/14
\$23/\$29	Sun	3:00-3:50pm	4/25-5/23



Bike



Swim



Run

