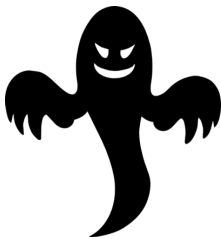


# SPOOKTACULAR KIDS TRIATHLON



SWIM \* BIKE \* RUN \* AGES 4-12

\*DATE: October 21, 2017

\*TIME: 12:30 p.m.

\*T-SHIRTS: \$8.00 if registered by Oct. 5th

\* Mandatory Check In 11:00 a.m. 12:15 p.m.

\*Mandatory participant meeting at 12:30 p.m.

(Race starts at 1:00 p.m.)

\*Finishers will receive a medal and goodie bag

\*Parent or guardian must be present



The swim will be in the RCCP pool; arm bands, noodles, or backfloats may be used. Lifeguards will be on duty and "swim angels" will be in the water accompanying non-swimmers. Adults may help children in the transition areas. Tricycles or bikes with or without training wheels may be used - NO big wheels. Bike helmets MUST be worn.



## PRE-REGISTRATION IS REQUIRED

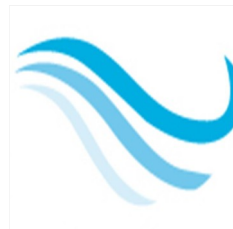
AGES 11-12	100 yd swim	2 mile bike	0.5 mile run
AGES 7-10	50 yd swim	1 mile bike	0.3 mile run
AGES 4-6	25 yd swim	0.2 mile bike	0.15 mile run

## WE COUNT ON THE GENEROSITY OF OUR COMMUNITY

This event is FREE thanks to the grant from Stephenson National Bank and proceeds from DaYoooper Plunge for 125 participants. Thank you for investing in our community's youth!

River Cities Community Pool - 1125 University Drive - Marinette, WI 54143

[www.rivercitiespool.org](http://www.rivercitiespool.org) ~ 715.735.0585 ~ [rivercitiescommunitypool@yahoo.com](mailto:rivercitiescommunitypool@yahoo.com)



# EXCELLENCE IN AQUATICS

RIVER CITIES COMMUNITY POOL

SCHOOL FLYER · SEPTEMBER 18TH-OCTOBER 19TH 2017



River Cities   
Community Pool Association

# SWIM LESSONS

We teach American Red Cross swim lessons. As your community's authorized Red Cross provider, all of our swim lessons include water safety, stroke development, stroke improvement and refinement. Our instructors love to swim, and we look forward to meeting you and sharing our passion with your child, because for us, it's more than just a swim lesson.

	PARENT/CHILD	PRESCHOOL	YOUTH
MON		6:00-6:45 p.m.	6:00-6:45 p.m.
TUE	5:00-5:30 p.m.	4:15-5:00 p.m.	4:15-5:00 p.m.
WED	10:15-10:45 a.m.	10:45-11:30 a.m.	
THU	Classes will start Thursday evenings in November		

**RED CROSS AUTHORIZED PROVIDER**  
We have a signed agreement with the Red Cross to provide American Red Cross instructional programs in accordance with their standards and objectives.



	MEMBER	PROGRAM PARTICIPANT
PARENT/CHILD	FREE!	\$10
YOUTH & PRESCHOOL	\$22	\$30

## PRIVATE LESSONS

Everybody can benefit from individual swim lessons whether you have never been swimming in your life, or are an aspiring triathlon champion looking for an extra edge. These private lessons are available for preschoolers through adults during the morning or evening. Schedule a lesson by filling out the private lessons form at the pool or online and return it to the director.

River Cities Community Pool - 1125 University Drive - Marinette, WI 54143  
[www.rivercitiespool.org](http://www.rivercitiespool.org) - 715.735.0585 - [rivercitiescommunitypool@yahoo.com](mailto:rivercitiescommunitypool@yahoo.com)

# OTHER PROGRAMS

## POOL RENTALS

Private pool rentals are available for birthday parties, school year end reward days, church groups, or scouting organizations. Contact the director for fees and times available.

## POOL BIRTHDAY PARTIES

Make it a birthday to remember by having your child's birthday party at our pool. Call for more information.

Cost:: \$5/child

# SWIM TEAM

## RIVER CITIES STREAMLINERS USA SWIM TEAM - FALL SEASON

Our swim team provides an opportunity for all swimmers 5 years or older to reach their highest personal potential as an athlete. We will teach and train all levels of swimmers, and emphasize individual progress, team unity and family participation. We create a positive and caring atmosphere to help each child grow in character, determination, goal setting, teamwork, leadership and physically. We also understand that success is more than just coming in first place.

## PRACTICE TIMES

	SEPTEMBER 18TH—MARCH 2018
MON	4:15-6:00 p.m.
TUE	6:00-7:30 p.m.
WED	4:15-6:00 p.m.
THU	4:15-6:00 p.m.



We discount rates for multiple family members!

## TRY IT OUT ANYTIME!

We want you to see firsthand what we're all about. Join us for one free week any time during the season. You'll be glad you did.

## STREAMLINERS COACHES

Coaches: Elisa Anderson, Jessie Carriveau and Valerie Diaz