**Fundamentals Program (Ages 7-13)**

**General Information**

The goal of the Regina Multisport Fundamentals Program is to provide an opportunity for youth 7 to 13 years old to participate in a multisport activity program to have fun, promote fitness, and to learn proper swimming, biking and running techniques. Novice and experienced youth are welcome.

As this is a multisport activity, cross-training is built-in and the participants will be provided variety, balance, and gain overall fitness. Also, it will provide confidence for youth that may be interested in participating in local youth-oriented multisport events (e.g. Kids of Steel Icebreaker in May, Echo Lake Multisport Festival Aquathlon in July and various ‘splash & dash’ opportunities) – but taking part in these events is not a requirement of the program.

This program is operated in partnership with Flatland Swimming, which provides expert swim coaching for all sessions.

**Dates, Times, and Locations:**

Each session will run for about eight weeks September through May. When a session ends, a re-registration takes place for the next session and repeats until the beginning of May. So, if you're trying for the first time, and aren't sure if your youth's interest, you only have to make a short commitment for one session.

Each session will offer an option of one or two classes a week:

* Tuesday, 7:05 to 8:30 p.m.: Cycle/Swim, Northwest YMCA of Regina, 5939 Rochdale Blvd
* Sunday, 8:30 to 10:00 a.m.: Swim/Run, Downtown YMCA of Regina, 2400 13th Ave

**Pre-requisites:**

To ensure your youth participates in our classes at a skill level that is similar to others in the class groups **we have a minimum swim standard of being able to swim one length of a pool (25 meters)** using a front crawl stroke at whatever speed, but without having to stop to rest along the pool side.

If your child wants to enter our program and needs some instruction and practice to come up to that minimum, we have an established partnership with the Flatland Swimming club where they can provide what's needed to achieve this skill - which won't take long and will give them the confidence to join in our program. Please email: flatlandsport@gmail.com, and mention your interest in wanting to get swim instruction to allow entry into the RMC Fundamentals classes.

**For the Tuesday evening classes, the youth must be at least 4 foot tall.** This is for safety reasons as the spin bikes used during the class require a minimum height for proper use.

**Equipment needed:**

* Bathing suit, goggles, towel
* Running shoes, shorts, shirt, water bottle
* Desire to learn new things, improve yourself, and arrive with an attitude for fun!

**Registration:**

Registration for the November – December 2019 will be open via the RMC website under *Junior Team > Fundamentals* until the sessions are full.

Our next session will run January through mid-March. A registration link will be available on the RMC website in mid-December when the class is open to new athlete registration.

**Cost:**

For Fall 2019 we have set our rate at $8 per hour of instruction.

**Sundays**

**8:30 to 10:00 am: Swim/Run at Downtown YMCA**

November 17 through December 15

5 weeks x 90 minute sessions

**$60**

**Tuesdays**

**7:05 to 8:30 pm: Swim/Cycle at Northwest YMCA**

November 19 through December 17

5 weeks x 85 minute sessions

**$57**

To participate in this program, a Triathlon Saskatchewan (TriSask) Youth Membership and an annual Regina Multisport Club (RMC) Child Membership is required. This is a once annual cost of $21 and $5, respectively. You can purchase these during online registration. TriSask family memberships are also available.

A TriSask membership is required to participate in all kids' triathlon events and training throughout the season (September through August). The TriSask youth membership ($15) includes a mandatory Triathlon Canada fee of $6, for the total cost of $21.

**Questions?**

Contact the RMC Fundamentals Coordinator (Erin Kiefer) at [Fun@reginamultisport.com](mailto:Fun@reginamultisport.com).