

**Get involved
in the fastest
growing sport
in the UK!**



**All ability
levels welcome**

Ages 9 -16

ashurst bike club juniors

St Helens Junior Triathlon Training

Ashurst Bike Club is a local triathlon club based in St Helens and we are building a junior triathlon group to train on a regular basis within the St Helens area and to compete within local North West events. We have 2 training sessions each week for juniors



Swim Session

Saturday 9:00-10:30am

at Selwyn Jones Sports Centre, Newton le Willows

Costs £3 per with a qualified coach on poolside to help you improve your swimming.

Bring swim costume, goggles and water bottle, there will be people there to meet you at reception, after you have changed walk through to poolside, money will be collected by the coach.

Address: Ashton Road, Newton le Willows WA12 0AQ



Cycling / Running Session

Wednesday 6:00-7:00pm

at Cowley Language College Gym (Gamble Ave entrance), St Helens

Costs £1 per week with a coach in attendance to deliver the session

Sessions will consist of a combination of indoor spin cycling, circuit training and running. You will need sports kit, trainers and a water bottle.

Address: Gamble Ave, Windle, St Helens, WA10 6LB

If you need any more info please email:

ashurstbc@virginmedia.com

***All ability levels are welcome from school year 5 to 11
please come and join us!***



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