



Here are the most frequently asked questions new junior kids and parents ask us before attending one of our junior sessions

What age do I need to be?

Children between the age of 8 and 16 are welcome to our junior sessions training. We then look at the group of children that attend every week and split them into lanes for the hour in the pool so that the kids are working alongside people with a similar ability.

Some parents have a concern that 3 hours of activity is a lot especially for the younger kids, what do we suggest?

Although the sessions last for 3 hours the kids are never actually exercising for that long, they are taking breaks while swimming, and then have the opportunity to get changed and dry their hair before having a break to eat some snacks and take a drink. The bike and run sessions offer plenty of breaks, and if the weather is too cold or wet, then we finish the session slightly earlier. Our priority is that the kids don't get too cold or wet. We also suggest that for kids who feel they can't do the whole 3 hours, that they come only for the bike and run session, 9-11 to begin with and ease themselves into the training.

Do I need to be able to swim?

Our minimum requirement for attendance is that the child can swim 2 lengths front crawl with their face in the water. The kids that attend have varied swimming ability, so don't be put off if you aren't in a swim club, we will help you become a better swimmer! If swimming is not up to the minimum ability, we can accept kids for the bike/run session from 9-11 and then either suggest getting them signed up for lessons at your local pool or our coaches can provide 1-2-1 swim coaching on request.

What type of bike do I need?

Kids can attend on any sort bike BUT IT MUST BE in good working order. Children will be excluded from the bike session if the bike is deemed not roadworthy, we have to be very strict on this for the safety of all the kids attending. A helmet is mandatory and no child will be allowed to take part in training without one. We also encourage parents to sell bikes between kids, so that as they grow out of a bike, it can be sold to younger kids, and saving everyone some money. If the weather is particularly frosty or wet, we suggest bringing a mountain bike as then the bike training can be done 'off road'

Costs?



Each session costs £5 for members and £7 for non-members. For 3 hours of coached and supervised training, we feel that is a bargain!! To join the club, it's £10 a year for a junior member.

What is the format of the junior sessions?

7.55-8am Arrive at Bellahouston Leisure Centre and pay for your session
8am- Access to the pool and the swim session begins
9am- Exit the pool and kids have the time to change and dry their hair
9.20am- Begin bike and run sessions outside on the Bellahouston Park Cycle Safety Centre
11am- junior training finishes

Who are the coaches?

All our coaches are qualified Triathlon Coaches or swim coaches, who have lots of experience working with juniors. All coaches have been PVG and Disclosure Scotland checked and the club is affiliated with Triathlon Scotland.

What kit do I need to bring?

Swimming: Swimsuit, goggles, swim cap; kickboard, pull buoy and fins (only if you have them already as we do have ones to borrow), shampoo etc and a towel. 20 pence for the hairdryer

Cycling: Working bike, helmet mandatory, warm and waterproof trousers and jacket, base layer to keep warm, like a thermal. We don't recommend baggy joggy bottoms as they don't keep kids very warm and when they get wet, they are heavy and uncomfortable, so leggings of some sort are better. Gloves and a hat to wear under the helmet, kids get extremely cold especially in typical Scottish weather. Cycling shoes or trainers

Running: Running shoes, the above clothing is required but if warmer then a t-shirt might be appropriate.

Food: Please always come with a filled water bottle and some snacks to keep you going and to take in the short break between swimming and cycling.

We provide a comprehensive kit list.

What can adults do while kids are training?

Adults have the option of leaving the kids there with the coaches and returning for 10.30am, however you do have the option to swim in the spare lanes for £2 between 8-9am and then feel free to have a run round the park etc. Some parents use the time to nip to the supermarket, or just watch and help their kids get changed etc.