

Tri-CHAMPS Summer Camps

Does your kid like to swim, bike, or run? Do they have energy to burn?



Check out our Summer Camps

Week 1: August 11 – 15, 2025 | **Week 2:** August 18 – 22, 2025

Time: Monday – Friday (8:30am – 4:30pm)

Price: \$330

Registration: <https://ccnbikes.com/#!/events/2025-summer-camps>

Happening over two weeks in August and hosted at the beautiful Rockers Athletic Club in Argyll Park, these camps will offer a great triathlon experience for kids of different ages. We will be running three different camps at the same time so that kids get to participate in age-appropriate activities.

Introduction to Triathlon (6-8 y.o.)

This camp will introduce younger children to the sport of triathlon in a fun way! Using Argyll Park, we will practice our cycling and running skills (including trips to the playground) with trips to the pool to work on water safety and swimming fundamentals.

Youth Triathlon Camp (9-13 y.o.)

This camp is similar to the Summer Camps that Triathlon Alberta has put on in the past. Kids will have the opportunity to learn new skills and strategies in all three sports while making new friends and exploring what it means to be a triathlete in Edmonton.

Leadership in Triathlon Camp (14-16 y.o.)

Not only will participants in this camp get to work out with their friends, they will also have a chance to coach the 7-8 y.o. kids through some of their sessions. Today's athletes will become tomorrow's leaders as we mentor kids on the art and science of coaching.

These age categories are approximate and we will do our best to keep friends and people at a similar development level together. It is also not ALL about triathlon; this week will be filled with games, activities, and free time as well.

Our triathletes will get to:

- Practice their swim skills three times a week at various Edmonton Recreation Centres
- Participate in a bike skills rodeo to fine-tune their cycling skills
- Go on a few bike adventures in the Mill Creek Ravine area, exploring Edmonton's river valley.
- Visits to the spray park and creek to cool off on those hot, summer days.
- Practice their run skills through games and relays
- Have a full fun day at the Terwillegar Recreation Centre (includes free time with their new friends!)
- Participate in those traditional camp activities such as some crafts and games!
- Lunch is included!!!! (Subway and pizza)
- Receive a \$75.00 credit for our fall registration fees.