

# C3 CALEDON KIDS OF STEEL FRIDAY NIGHT PREPARATION CLINIC!

HYDRATED BY  
Kineticco  
home water systems

# KIDS OF STEEL

TRIATHLON



Caledon Central  
Public School  
and Caledon  
Pool



HYDRATED BY  
Kineticco  
home water systems

**BENSON STEEL**

**ROYAL**  
Containers Ltd.

**PERSONAL  
BEST**  
20  
YEAR  
personalbest.ca



**running free**

## From May 13 to June 24th every Friday night 5:30-7:15pm

Every Participant will get

- \* Swim coaching (need goggles)
- \* Bike coaching (must have a bike & helmet)
- \* Run & stretch coaching (must have running shoes)
- \* Ages 7-15 years of age (We will divide up into age appropriate groups)

Maximum of **32** participants so please register  
ASAP at [www.C3online.ca](http://www.C3online.ca)

**KIDS 2KM • COMMUNITY 5KM RACES • KIDS TRIATHLON**