

RUN, WALK, HIKE, BIKE

10K RUN / WALK CLINIC

A comprehensive program that includes expert training tips, weekly training lectures, training manual and much more. Visit www.victoriay.com for more information..

All levels	Dates	Day	Time	Location	Fee
	January 21-April 21	Monday	5:15-6:45pm	DTY	\$89

Triathlon Programs

A progressive program that develops all components required to complete triathlons. Includes: experienced coaches/leaders, training information for running, cycling and swimming, and much more. Approved cycling helmets mandatory.

TRIATHLON CLUB

For those moving up from the clinic or who have competed in triathlons. Coached swim sessions, occasional guest speakers.

Intermediate to Advanced	Dates	Location	Member	Non-Member
	January 7-December 21	DTY	\$200	\$385
Swim options:	Day	Time		
	Monday & Wednesday	6:00-7:00am		
	or Tuesday & Thursday	6:15-7:15pm		
	and Saturday	7:30-8:30am		
Activities:	Day			
	Bike sessions	Wednesday & Saturday evening		
Runs	Tuesday & Thursday evening			

TRIATHLON CLINIC

Goal: the Panorama Classic Triathlon in June. You must be able to swim 100m comfortably. Includes: training book, coached swims, cycling and running. Weekly guest speakers.

	Dates	Location	Member	Non-Member
	January 7-June 29	DTY	\$180	\$360
	Day	Time	Activity	
	Monday & Wednesday	6:00-7:00am	Swim	
	or Tuesday & Thursday	6:15-7:15pm	Swim	
	and Sunday	10:00am-1:30pm	Lecture, swim, bike or run	

YOUTH TRIATHLON CLUB

NEW!

	Dates	Location	Member	Non-Member
	January 8-June 29	DTY	included	\$295
	Day	Time		
	Runs & cycling	Tuesday & Thursday	3:30-4:30pm	

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

HIKING AND WALKING

SUNDAY HIKING

We meet outside the Victoria West Community Y every Sunday ■ where we arrange car pooling. Bring water, a snack, your hiking shoes and a smile. Call 388-6120 for a hike schedule.

	Dates	Day	Time	Location	Fee
Moderate	Ongoing	Sunday	9:00am-1:30pm	VWY	\$4 drop-in

■ Excludes holiday weekends and program breaks

Walking Clubs No formal registration at the Y. Money is collected annually for each group.

HAPPY WANDERERS

Couples only Wednesday Group. Contact Bill Boughey at 479-4830.

Y WALKERS

Women's Tuesday Group. Phone 386-7511, ext. 501.

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.



Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

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www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 Fax: 250.380.1933

Vic West Y
521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 Fax: 250.388.6455