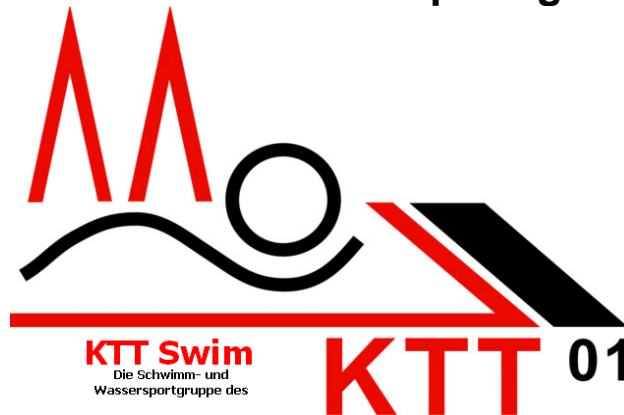


# We like to introduce ourselves:

## The swim- and watersportsgroup



is the new division of the Kölner Triathlon Teams 01

In cooperation with the trainers, sportsmen and our sporty parents, we managed to find a new home in Cologne and its surrounding for the fans of watersports. We will focus on children- and youth support. Under the guidance of our professional trainer team, the children will be introduced gently but targeted to the wet element.

Basis for an individual training is our concept of small groups. Each course will be completed by the end of term but is building up on one another.

**The first step** is getting used to the water. In a playful way the children will get to know the element water and specific exercises will support safeness in the water. **„The water will become your friend“**

**The next step** is the „seahorse-course“. The goal is to receive the „seahorse-badge“ at the end of the course. **„I’ve got my seahorse-badge“**

**In the third course** all the knowledge of the other two courses will be deepened and different swim-styles will be practised. The child can accomplish the bronze, silver and gold-badge. **„I can achieve more!“**

**Yes, you can!** At KTT-Swim you can get to know swimming under high-performance-sport conditions. In our youth team L2 you will have training several days a week on a regular basis. A special highlight will be the training in the „Schwimmleistungszentrum Köln“ at the Deutsche Sporthochschule. You will be trained by a multi-german-swim-champion and her team. They will prepare you for upcoming contests.

**„Show us what you are able to do and we will see you at the award ceremony“**

Our basic courses take place at: Bad Köln-Rodenkirchen.  
Every Thursday from 16:00 until 18:00

Have a look at our internet Site: [www.KTT-Swim.de](http://www.KTT-Swim.de)  
Contact: [info@KTT-Swim.de](mailto:info@KTT-Swim.de) or Tel. 02271 980680