



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH RUNNING & TRIATHLON

8 WEEK PROGRAM AGES 5 - 12

Our Youth Running and Triathlon program prepares your child to perform their best while swimming, biking and running. The program is designed to highlight essential skills necessary to teach your child about running and triathlons. Focuses range from speed work to endurance training to learning about transition. All participants will receive a team shirt. The triathlon program fee includes entries for participating races: **YMCA Youth Triathlon, April 19th** and **Run from the Rays, 5K and 1 Mile April 26th.**

REGISTER: At the front desk or Online at ymcaspb.org/register

WHEN: FEB 17– APRIL 15

***THERE WILL BE NO PRACTICE THE WEEK OF SPRING BREAK**

Monday (swimming): 4 –5pm

Tuesday (running): 4:30-5:30 pm

Wednesday (biking): 4:30—5:30 pm

RATES: Single Sport: \$60 Member / \$80 Nonmember

Triathlon: \$170 Member / \$240 Nonmember

