



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH TRIATHLON

8 WEEK PROGRAM FOR AGES 5 – 12

Prepare your child to perform their best while swimming, biking and running! Designed to highlight essential skills necessary for running and triathlons, this program's focus ranges from speed work to endurance training to learning about transition.

All participants will receive a team t-shirt! We will end our season race on Saturday, March 6th.

REQUIREMENTS: Children must be able to swim 25 yards without touching the side and no training wheels on child's bike.

WHEN: **JANUARY 11TH—MARCH 6TH**
Monday (Biking) 5:00pm – 6:00pm
Wednesday (Running) 5:00pm – 6:00pm
Friday (Swimming) 5:00pm–5:45pm
5:45pm– 6:30pm

RATES: Triathlon: \$200 Member / \$260 Non-member

REGISTER: At the Front Desk or online: YMCASPBC.ORG/REGISTER

Questions: Emily Gates, egates@ymcaspbc.org or 561-237-0935

