



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH TRIATHLON

7 WEEK PROGRAM
AGES 5 – 11

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. We will have a fun team race at the end of the season! **The end of season race will be November 21st at 7am.**

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

WHEN: **OCTOBER 4 TH– NOVEMBER 19TH**

Practice Schedule : Monday (Biking) 5:00– 5:45pm
Wednesday (Running) 5:00– 5:45 pm
Friday (Swimming) 5:00–5:45pm
5:45– 6:30pm

RATES: \$220 Member / \$300 Non-member

(No Sibling Discount/ No Single sport option)

Athletes must be able to swim 25 yards without stopping and ride without training wheels.

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

