



# YOUTH TRIATHLON

**8 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 Sunday, April 3rd.

There will be no training the week of Spring Break, March 14th – 18th.

**REGISTER:** At the front desk or online at [ymcaspbc.org/register](http://ymcaspbc.org/register)

**WHEN: JANUARY 31, 2022 – APRIL 1, 2022**

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

**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](mailto:egates@ymcaspbc.org) or 561-237-0935