



AGES  
5-11  
YRS

YOUTH

# RUNNING & TRIATHLON

Whether your child is new to running or an experienced triathlete, our program is designed to prepare your child to perform their best while biking, swimming, and running. End of Season Triathlon will be held on Sunday, November 12th.

## Practice Schedule

Monday (Bike): 5-6 pm  
Wednesday (Run): 5-6 pm  
Friday (Swim): 5-6 pm

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

## Rates

\$275 Members / \$375 Non-Members  
Running Only: \$100 Members / \$150 Non-Members

8 WEEK  
PROGRAM

SEPT 18-  
NOV 12



Questions? Contact Stephanie Sanon at [SSanon@ymcaspbc.org](mailto:SSanon@ymcaspbc.org)