



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRI SOMETHING NEW

SWIM, SPORTS, PLAY
Triathlon Training SPRING 2013

Youth and Adult triathlon programs.
Start this spring! Train with a pro
and get ready for the summer series!

Contact James Heidlebaugh
805.969.3288
James.heidlebaugh@ciymca.org

See reverse side for details

Montecito Family YMCA
a branch of the Channel Islands YMCA
591 Santa Rosa Ln, 805.969.3288
ciymca.org



TRIATHLON GROUP TRAINING, SPRING 2013

MONTECITO FAMILY YMCA, a branch of the Channel Islands YMCA

TRIATHLETES!

Endurance training is an excellent way to move your current workout to a higher level, cross train, increase endurance, and **MAKE NEW FRIENDS!** The Program challenges all levels of athletes and can be individualized.

FREE pair of shoes and shirt with FULL membership!

AGES:

Youth and Adult!

**Do it as an individual
or as a family!**

DATES:

**May 14th – August 29th (16 weeks)
Tuesdays and Thursdays
@ 4:45pm at the Montecito YMCA**

THE PROGRAM INCLUDES:

- 16 week Training Schedule
- Informational Talks / Trainings
- Open Water Practices
- Track Workouts
- Swim/Stroke Technique Clinics
- YMCA Tri-4-FUN
- Tri-Team Shirt and FUN!
- **EVERY PARTICIPANT GETS A FREE PAIR OF SHOES!**

Y Member Cost:

\$60 per month

Or

\$200 for full program

Non-Y Member Cost:

\$100 per month

Or

\$299 for full program