

# Peter Blum YMCA of Boca Raton and TRI1.COM

Present:

CALL  
**561-444-TRI1**  
**561-444-8741**  
FOR MORE  
DETAILS



THE PROGRAM  
WILL BEGIN  
**JANUARY**  
**2<sup>ND</sup>, 2012**

## A TRIATHLON TRAINING PROGRAM FOR BOYS AND GIRLS AGES 6-15

- LEARN TO DEVELOP SWIMMING, BIKING AND RUNNING SKILLS\*
  - LEARN EXERCISE NUTRITION
  - LEARN TRIATHLON STRATEGY
  - LEARN TEAMWORK IN AN INDIVIDUAL SPORT
  - LEARN TO STRENGTHEN MIND, BODY AND SPIRIT.
- 3 AGE CATEGORIES (6-8 - Juniors) (9-11 - Intermediates) (12-15 - Seniors)\*\*
- HOMEWORK HELP AVAILABLE FROM SCHOOL RELEASE TO START OF PRACTICE

Coach is USA Triathlon, USA Swimming, USA Cycling and USA Track & Field Certified and is a certified Life Guard.

**ALL CHILDREN WHO ARE INTERESTED WILL BE TRAINED TO COMPETE IN NATIONAL IRONKIDS™ EVENTS.**

Ages 12-15 – Seniors – Will train to compete in 300 yd Swim, 8 Mile Bike, 2 Mile Run

Tuesday and Friday 3:45 – 6:00 PM

\$160 Month Members, \$260 Month Non-Members\*\*\*

Ages 9-11 – Intermediates – Will train to compete in 150 yd Swim, 4 Mile Bike, 1 Mile Run

Mondays and Thursdays 3:45 – 6:00 PM

\$160 Month Members, \$260 Month Non-Members\*\*\*

Ages 6-8 – Juniors – Will train to compete in 50 yd Swim, 2 Mile Bike, 500 yd Run

Wednesdays 3:45 - 6:00 PM

\$80 Month Members, \$160 Month Non-Members\*\*\*

\* Your child must know how to swim and ride a bike (Training wheels are acceptable)

\*\* Your child's age for categories will be the child's age on December 31<sup>st</sup>.

\*\*\* Y TRI 1 Participants will receive a discount on The Y after School programs for the remaining days of the week.