

COMING SPRING 2015

Start training now!

KIDS TRIATHLON TRAINING



- Ages 7-15
- Training will consist of proper techniques of cycling, swimming and running for a triathlon that will be held in spring 2015. Training will start out slow and gradually increase helping to build endurance and strength. Training will continue throughout the winter and early spring of 2015.
- ☆ **CYCLING CLASS** (winter session), Mondays, 5:30-6:15 p.m., January 19-February 23, 2015; registration deadline Jan. 16. Class limit of 20 participants
- ☆ **YOUTH SWIM CLUB** (winter and spring sessions), Thursdays, 4:30-5:30 p.m., January 22-February 26/March 25-April 30, registration deadlines January 21/March 24
- ☆ **YOUTH RUNNING CLUB** (spring session), Mondays, 5:30-6:15 p.m., March 23-April 27, registration deadline March 20

• **Sample race distances**

- 7-10 year olds – 100 meter swim, 3 mile bike, .6 mile run
- 11-15 year olds – 22 meter swim, 6 mile bike, 1.2 mile run

• **COST** (for classes only; not for triathlon participation) –

FREMONT FAMILY YMCA members – free; non-members - \$10 (each class/club per session)

- Valerie Prenzlou, program director, 402-721-6952, valeriep@fremontfamilyymca.org
- Triathlon is tentatively scheduled for Saturday, May 30, 2015



YMCA MISSION: God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures.

It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind and body for all.

NO YOUTH DENIED: Any child may belong to the YMCA regardless of income or family situation. If you know of a child who would like to belong, please notify the YMCA staff.



Registration dates are listed above

KIDS TRIATHLON TRAINING



- Cycling class Winter session
- Swim club Winter session Spring session
- Running club Spring session

Name _____ Age _____ Grade _____

Address _____ School _____

Parent's name _____ Phones – Work _____ Home _____

FFY member Yes No Date of Birth _____

FOR OFFICE USE ONLY: FFY member – Free; non-member – \$10 per class or club/per session

Amount Pd. _____ Date Pd. _____ Receipt # _____ By _____