



**SUMMER
CAMP
#1
JUN 25 - 29**

**SUMMER
CAMP
#2
JUL 9 - 13**



**TONS
OF
FUN!**

**TRIFITNESS
2018
KID'S CAMPS**

**SUMMER
CAMP
#3
JUL 23 - 27**



**END OF
SUMMER
CAMP
AUG 13 - 17**

**SUMMER
CAMP
#4
JUL 30 - AUG 3**



THE TRIFITNESS TRIATHLON AND DUATHLON KID'S CAMP

is a 5 day, Monday to Friday program (9 am - 2 pm), designed to introduce kids aged 7 to 14 to the sport of triathlon & duathlon. Top triathletes and coaches will provide instruction on basic swimming, cycling and running techniques, bicycle safety and maintenance, transition and nutrition. Duathlon training and racing will be included. Lots of games will be offered too! Summer Camp #1, #2, #3, #4 located at Weston Middle School. End of Summer Camp located at Bisceglie-Scribner Park.

For more information and to register:

www.Trifitness.net • 203-612-8815

Sponsored by the Weston Parks and Recreation.