



**APRIL
9 - 13**

**WESTON
MIDDLE
SCHOOL**



**TONS
OF
FUN!**

**TRIFITNESS
2018
SPRING BREAK
KID'S CAMP**

**FRIENDS
FITNESS
&
FUN!**



**MORE
INFO &
REGISTER:**

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TRIFITNESS
NET**



THE TRIFITNESS TRIATHLON AND DUATHLON SPRING BREAK 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!

For more information and to register, visit:

www.Trifitness.net • 203-612-8815

Sponsored by the Weston Parks and Recreation