

# KIDS MULTISPORTS CAMP

**JULY 9-13 (9AM-2PM)  
WESTON, CT**



## **DOES YOUR CHILD WANT TO BIKE AND RUN THIS SUMMER?**

**T**he TriFitness Youth Multisports Camp will give them the biking and running they want, while teaching them the skills and safety to complete in a duathlon at the end of the week! The sport of duathlon is taking the adult world by storm, so we have created a one-week program where kids can "do what kids do" while learning from top triathletes and coaches about cycling and running techniques, along with bicycle safety and maintenance, nutrition and how to lead a healthy, active-kids lifestyle! Tons of fun games to build strength and team spirit will be offered too.

**The week of fun will culminate  
with a mini-duathlon:**

**7-8 & 9-10 AGE GROUP:**

Run 0.25 m, Bike 3 m, Run 0.5 m

**11-12 & 13-14 AGE GROUP:**

Run 0.5 m, Bike 6 m, Run 1 m

**Come and join us for a  
memorable week of multisports  
fun!**

For more information please contact at [info@trifitness.net](mailto:info@trifitness.net) or 203-255-8892.

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