

TRifitness KIDS TRIATHLON CAMP



NOW IN ITS 4TH YEAR SWIM, BIKE & RUNNING!



Join us for a memorable week of triathlon fun!

SESSION I

June 27 - July 2 (12pm - 5pm)

Mini Triathlon will be on Saturday, July 2 at 8 am

SESSION II

August 1 - 5 (9am - 2pm)

Mini Triathlon will be on Friday, August 5 at 9 am

Weston Middle School, Weston, CT

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

7-8 & 9-10 AGE GROUP:

Swim 100 yards, Bike 3 m, Run 0.5 m

11-12 & 13-14 AGE GROUP:

Swim 200 yards, Bike 6 m, Run 1 m



The TriFitness Youth Triathlon Camp will give them the swimming, biking and running they want, while teaching them the skills and safety to complete in a triathlon at the end of the week! The sport of triathlon 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 swimming, cycling and running techniques, along with bicycle safety and maintenance, nutrition and how to lead a healthy, active kids lifestyle! For more information please contact **Trifitness** at info@trifitness.net or **203-255-8892**.

Sponsored by:

Weston Parks and Recreation Department

