



# 2015 KIDS TRIATHLON CAMPS



**JOIN US FOR A MEMORABLE WEEK OF TRIATHLON FUN!**

## **FIREWORKS TRIATHLON & DUATHLON FUN CAMP**

**June 29 - July 3, 9 am - 2 pm**

Registration to the Weston Family Mini Triathlon is included and takes place on July 4th.

## **SUMMER CAMP 1 TRIATHLON & DUATHLON FUN CAMP**

**July 13 - 17, 9 am - 2 pm**

## **SUMMER CAMP 2 TRIATHLON & DUATHLON FUN CAMP**

**July 27 - July 31, 9 am - 2 pm**

**The Trifitness Triathlon and Duathlon Camp** is a 5 day, Monday to Friday program 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!

**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

**For more information and to register, visit [www.Trifitness.net/kids](http://www.Trifitness.net/kids) or email [info@trifitness.net](mailto:info@trifitness.net)**