KIDS TRIATHLON CAMP

APRIL 16-20 (9AM-2PM)
WESTON, CT

DOES YOUR CHILD WANT TO SWIM, BIKE AND RUN THIS SPRING?

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!

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

Come and join us for a memorable week of triathlon fun!

For more information please contact at info@trifitness.net or 203-255-8892.

Sponsored by:
Weston Parks and Recreation Department

USAT USA TRIATHLON SANCTIONED EVENT

Trek Bicycle Store | Fairfield, CT

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