

KIDS TRIATHLON CAMP

JUNE 23-27 2010, JULY 26-31 2010

WESTON, CT



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

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

- June 23 - 2 - 4 pm
- June 24 - 2 - 6 pm
- June 25 - 9 am - 3 pm
- June 26 - 11am - 5 pm
- June 27 - 12:30 pm - Practice Triathlon Race
- July 26-30 - 12-5pm
- July 31 - 8am Practice Triathlon

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** SANCTIONED EVENT



Trek Bicycle Store | Fairfield, CT

