Youth Triathlon Training Program
March 30\textsuperscript{th}-May 21\textsuperscript{st}, 2020
Ages 7-16

Youth Triathlon Training Program Includes:

- Two group sessions a week with trainer
- Weekly email updates
- Monthly calendar of youth triathlon events in the area

Training Times:

- Mondays - Bike (3:50-4:25 pm)  Swim (4:30-5:15 pm)
- Wednesdays - Run (3:50-4:25 pm)  Swim (4:30-5:15 pm)

Cost:  
$75.00 ($125.00 non-member) (before 3/23/20)  
$100.00 ($150.00 non-member) (after 3/23/20)  
Registration deadline is Thursday, March 26\textsuperscript{th}, 2020

Sign-up in Sanford Wellness Center Sales Office

*Participant must be able to swim at least one length of the pool

For more information contact: Kathy.grady@sanfordhealth.org