Youth Triathlon Training Program
June 1st - August 13th, 2020
Ages 7-15

Youth Triathlon Training Program Includes:
- Three group sessions a week with trainer
- Weekly email updates

Training Times: Weather dependent
- Mondays: Meet at Wellness Center; Run/Strength (11:00-12:00 pm); When the pool re-opens this will be a swim (11:00-11:50) and run (11:55-12:15 pm)
- Wednesdays: Meet at Wall Lake; Swim/Bike/Run (11:00-12:30 pm)
- Thursday: Meet at Yankton Trail Park; Bike/Run (11:00-12:15 pm)

Cost: $125.00 ($150.00 non-member)
Registration deadline is Thursday, May 28th, 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
Youth Swim Program
April 16-May 23, 2018
49th and Oxbow location

Goals of the Youth Swim Program:
- The goal of the Youth Swim Program is to offer youth the opportunity to improve existing swimming skills and learn the value of being on a team.
- The main area of emphasis includes teaching and encouraging sportsmanship and creating a fun-filled swim experience for participants.
- Youth who are 7-15 years of age and can swim two lengths of the pool are eligible for this program.

Training Times:
- Mondays: 4:30-5:15 pm
- Wednesdays: 4:30-5:15 pm

Cost:
$40.00 ($75.00 non-member) (before 4/5/18)
$60.00 ($95.00 non-member) (after 4/5/18)
Registration deadline is Thursday, April 12th, 2018

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