

Youth Triathlon Training Program

May 28th -August 14th, 2025

Ages 7-18

Youth Triathlon Training Program Includes:

- Three group sessions a week with trainer
- Weekly email updates

Training Times:

- Mondays: Wellness Center; Swim/Run: 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: \$300.00 (\$375.00 non-member)
Registration deadline is Wednesday, May 21, 2025

Sign-up online at sanfordwellness.org

<https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>

*Participant must be able to swim at least one length of the pool and be comfortable in open water

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



Fitness that fits your life.

