



KIDS TRIATHLON TRAINING PROGRAM

IT'S FREE

SESSIONS START ON JANUARY 19, 2014 • SPACE IS LIMITED • REGISTER TODAY!

This innovative program is a great opportunity for every child in the Valley to become a triathlete. Our proven, 7-week program is offered for free, and it will prepare the kids to participate in the 2014 Arizona Kids Triathlon. The sessions are hosted at 6 convenient locations and are designed for kids who have never done a triathlon. Everyone will experience first-hand that being healthy and active can be fun.



EXCLUSIVE TRAINING PARTNER OF THE ARIZONA KIDS TRIATHLON

In Proud Partnership with



Why Triathlon?

Whether your child is already very active or is looking for a new sport to embrace, triathlon might be the answer. The variety of swimming, biking and running is appealing to kids, and it helps avoid overuse injuries and burnout. Most importantly, it is a sport we can all play for a lifetime. Triathletes embrace a healthy, active lifestyle focused on daily exercise, good nutrition and having fun with friends and family. We encourage you to give it a tri!

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INTRO TO TRIATHLON TRAINING PROGRAM OVERVIEW

- WHO:** The training program is open to all kids ages 6 to 15. Participants should have basic swimming abilities and their own bike. While the training classes are free, there is a registration fee for the actual event.
- WHAT:** This training program is organized into 7 weekly sessions. The focus of the program is more educational than hard-core training though it does involve swimming, biking and running – along with other cross-training. The goal is for every participant to be ready to complete the Arizona Kids Triathlon on March 16, 2014.
- WHY:** It is free. It is cool. It is taught by professionals. And, it is a great way to show kids that being healthy and active can be a ton of fun.

GOODYEAR

WHERE: These sessions will alternate between the West Valley YMCA (swimming) and CrossFit Fury (bike & run).

WHEN: The first sessions begin during the week of January 20. Three different classes are available: Tuesdays or Thursdays from 4:00pm to 5:30pm or Saturdays from 1:00pm to 2:30pm.

HOW: Pre-registration is required. Please call Aimee at 623.932.4338 to register or with any questions.

GLENDALE

WHERE: These sessions will be held at the Glendale/Peoria Family YMCA.

WHEN: The first session begins on January 26, and the classes will be held every Sunday through race day from 12:30pm to 2:00pm.

HOW: Pre-registration is required. Please visit www.BTTriathlon.org or call Kristi at 888.963.9530 to register or with any questions.

MESA

WHERE: These sessions will be held at the ASU East Recreation Facility.

WHEN: The first session begins on January 25, and the classes will be held every Saturday from 4:00pm to 5:30pm.

HOW: Pre-registration is required. Please visit www.BTTriathlon.org or call Kristi at 888.963.9530 to register or with any questions.

SCOTTSDALE

WHERE: These sessions will be held at the Cactus Aquatic & Fitness Center.

WHEN: The first session begins on January 19, and the classes will be held every Sunday from 12:30pm to 2:00pm.

HOW: Pre-registration is required. Please visit www.BTTriathlon.org or call Kristi at 888.963.9530 to register or with any questions.

TEMPE

WHERE: These sessions will be held at the Kiwanis Park Recreation Center.

WHEN: The first sessions begin during the week of January 26, and you can pick between Fridays from 5:00pm to 6:30pm or Sundays from 2:00pm to 3:30pm.

HOW: Pre-registration is required. Please call Tina Royer of Kiwanis Rec Center at 480.350.5201 or you can also register on-line via Tempe.gov/brochure.

PHOENIX

WHERE: These sessions will be held at the Ahwatukee Swim and Tennis Club.

WHEN: The first session begins on January 25, and the classes will be held every Saturday from 1:30pm to 3:00pm.

HOW: Pre-registration is required. Please visit www.BTTriathlon.org or call Kristi at 888.963.9530 to register or with any questions.