

# YMCA TRI CLUB

**Ever wanted to participate in a triathlon? This club is designed for kids (\*1st grade-12th grade) who want to learn how to swim, bike and run in a triathlon! \*must be able to swim length of the pool unassisted.**

**Sundays once a month**

**Time: 3:00pm-4:00pm**

**Meet at the YMCA unless specified other**

**Entry fees:**

- \$25 Y members for all 6 session & tri entry fee
- \$50 Non-Member for all 6 session & tri entry fee (financial assistance available)

**Dates & Activity:**

- Nov. 6th- Basic Intro to tri & run
- Dec. 4th- Bike
- Jan. 8th- swim
- Feb. 12th- Run/Bike
- Mar. 4th- Swim/Bike
- April 15th- Swim/Bike/Run & Transition Practice
- June 2nd- YMCA Triathlon Competition

**For More information:**

**Contact: Shauna Bland  
541-474-0001  
sbland@grantspassymca.net**



**WHAT YOU WILL LEARN:**

- Swim Form
- Running Form
- Bike tips
- Transitions
- Getting in shape

**WHAT YOU WILL NEED TO BRING ON YOUR OWN:**

- Bike
- Tennis Shoes
- Goggles



The Club will be split into two groups by age, each with their own club leader (Mike and Jessica Durrant). Special guests specialists will be brought in to give lots of specific instruction on each discipline. Be ready to have fun, learn and improve skills and fitness. Triathlon competition scheduled for June 2nd still TBD but will be at either the YMCA or Caveman Pool.



**Grants Pass Family YMCA**

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Sex \_\_\_\_\_

**Please fill out a Youth Sports Medical Form before the start of the first class.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_