



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, BIKE, RUN, FUN TRIATHLON

LICKING COUNTY FAMILY YMCA

Youth and Adult Triathlon Conditioning

New for 2019 is the LCFY triathlon program. This program offers opportunities for both youth triathletes as well as adults. The youth program will focus on skill development in a team based atmosphere with the goal of competing at youth triathlons throughout the summer. Adult programming will be catered towards swim conditioning in group sessions. One on one personal sport specific coaching is also available for those interested in dedicated sessions.



Adult Triathlon Swim Conditioning

- **Winter 1 session (1/7-2/23):** Adult triathlon swim conditioning. Sundays only 1:30-2:30, ages 14 & up
- **Spring 1 session (2/25- 4/13):** Adult triathlon swim conditioning. Sundays only 1:30-2:30, ages 14 & up
- Members \$50 Non-Members \$110



Youth Triathlon Season Prep

Sessions will include mix of swimming, cycling and running. Participants will use their own bikes on indoor trainers

- **Winter 1 session (1/7-2/23):** Youth triathlon season prep conditioning. Saturdays only 10-11:30. Sessions will include mix of swimming, cycling, and running. Participants will use their own bikes on indoor trainers.
- Members \$50 Non-Members \$110



Youth Summer Triathlon

Days will vary, swim sessions will be in conjunction with LCFYMCA Sharks Swim Team on select days.

- **Summer Triathlon (4/1- 8/4):** Youth triathlon. Days will vary, swim sessions will be in conjunction with LCFY Sharks swim team on select days.
- Members/Non-Members \$400

REGISTRATION: Registration is open at the Y Newark Front Desk

FOR MORE INFORMATION: Todd Ricketts, TriCoachTodd@outlook.com