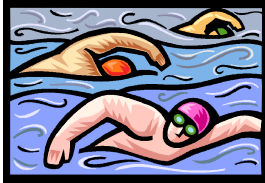


Are you ready to try a triathlon but need some guidance or motivation to help you do your best? Try one or both of these new programs available at the Alex W. Spears III Family YMCA to prepare you for the Indoor Triathlon planned for February 28, 2010 or just to improve your skills.

Swim Clinics



Work with swimming professionals to improve your stroke, turns, and technique to do your best in the water whether for a triathlon or for your own personal goals.

Clinic Schedule

Sunday, 4:30 PM – 5:30 PM
Wednesday, 7:15 PM – 8:30 PM

Informational Meeting

Sunday, December 20, 4:30 PM

8 Week Session beginning Jan. 3

\$140 Members
\$190 Nonmembers

Note: Beginners and more advanced swimmers are welcome.

Session: Jan10 - Program: 05WELSWIM

Triathlon Training



Learn all things triathlon to prepare you for the February indoor triathlon or another of your choice. Training will consist of informational sessions on running, biking and swimming, nutrition, transitions and more – all designed to improve your performance.

Group Meetings/Training Sessions:
Tuesdays, 7:15-8:30pm

Informational Meeting
Sunday, December 20, 4:30 PM

8 Week Session beginning Jan. 3

\$90 Members
\$140 Nonmembers

Note: There will be a beginner's program as well as a more advanced program for those of you who have done the training in prior years.

Session: Jan10 - Program: 05WELTRI

Triathlon Training PLUS Swim Clinics



Get it all by combining the Triathlon Training with the Swim Clinics.

\$170 Members
\$220 Nonmembers

Session: Jan10 - Program:05WELTRIPLUS

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.