



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME TO TRI SOMETHING NEW

EAST-SIDE YMCA TRIATHALON CLUB

Get ready to give the East-side Triathlon Club a **tri!**

This new triathlon program will be starting up in 2019.

The club will be open to those of all ages, abilities, and aspirations.

The program is going to be supervised by a
USAT Level 1 Certified Coach and is FREE to all YMCA members.

Get ready to run, swim & bike!

If you are interested in joining, please sign up at the
membership desk or email eastsidetrieteam@cfymca.org
to receive more information.

