



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE SWIM, BIKE, RUN & PERSERVE

HEALTH, WELL-BEING & FITNESS
Tri Training

Session starts:

October 8th

ANKENY FAMILY YMCA
1102 North Ankeny Blvd,
Ankeny, IA 50023
P 515 965 8800
www.dnymca.org





FOR YOUTH DEVELOPMENT
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Triathlon Training

Don't be intimidated by Triathlons anymore!

If your goal is to participate in a Triathlon, come and experience a program where the guidance and friendships can help you accomplish that goal. From the beginner to the avid tri-athlete we are here to help you develop and enhance your skills.

If you are a beginner be encouraged by knowing you will train along side fellow athletes who have similar desires and ambitions and as the program progresses, you will become more comfortable and confident in the skills needed for a Triathlon.

Your coaches are tri-athletes and enjoy sharing their knowledge and experience with anyone wanting to learn. Join our program and Triathlons will no longer be intimidating!

Who

Men and Women of all ages and all ability levels

When

Mondays:	A.M. Bike:	5:45 - 6:30 a.m.
	P.M. Swim:	6:30 - 7:15 p.m. (4 Lanes)(October 8 th - 29 th)
		6:15 - 7:00 p.m. (4 Lanes)(starting the week of November 5 th)
	P.M. Bike:	7:15 p.m.
Tuesdays:	A.M. Swim:	5:30 - 6:30 a.m. (3 Lanes)
Wednesdays:	A.M. Bike:	5:45 - 6:30 a.m.
Thursdays:	A.M. Swim:	5:30 - 6:30 a.m. (3 Lanes)
Saturdays:	A.M. Run:	8:15 a.m.
	A.M. Swim:	9 - 10 a.m. (3 Lanes)



Session

October 8th - November 11th, 2012

Where

Bike: Multipurpose Room Swim: Pool Run: Front of the Y

Contact

Rhonda Robson at rhonda.robson@dmymca.org

		Member	Non-Member
A.M.	Bike (M & W) & Swim (T & Th.):	\$90	\$155
P.M.	Swim & Bike (M):	\$45	\$110
Sat A.M.	Run & Swim:	\$45	\$110

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