



KIDS TRIATHLON HANDS-ON CLINIC

IT'S
FREE

4 CONVENIENT LOCATIONS • SPACE IS LIMITED • REGISTER TODAY!

We are proud to present every child in the area with the opportunity to learn how to become a triathlete. This proven, hands-on clinic is offered for free, and it will prepare the kids to participate in the 2015 Houston Texans Kids Triathlon. The program is designed for kids who have never done a triathlon. The sessions are hosted at several convenient locations and are designed for kids who have never done a triathlon. Everyone will experience first-hand that being healthy and active can be fun.

This training clinic lasts 3 hours and is organized into six 30-minute sessions. The focus of the program is more educational than hard-core training though every participant will have the opportunity to swim, bike, run and practice transitions. The goal is for every child to be ready to complete the Houston Texans Kids Triathlon by the end of the clinic. The program is open to all kids ages 6 to 15. Participants should have basic swimming abilities and their own bike and helmet.

**While the training clinics are free, there is a registration fee for the actual race.*

Saturday, March 14th
at 12:00pm

**WEEKLY FAMILY
YMCA**

Jonathan.Kidwell@ymcahouston.org

Saturday, March 14th
at 12:00pm

**TROTTER FAMILY
YMCA**

paige.zabransky@ymcahouston.org

Saturday, March 21st
at 2:00pm

**D. BRADLEY
MCWILLIAMS YMCA**

Trisha.Turner@ymcahouston.org

Saturday, April 11th
at 1:30pm

**DUNCAN FAMILY
YMCA**

noah.bradley@ymcahouston.org

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