



KIDS TRIATHLON TRAINING PROGRAM

SESSIONS START ON FEBRUARY 15, 2015 • SPACE IS LIMITED • REGISTER TODAY!

This innovative program is a great opportunity for every child in Houston to become a triathlete. Our proven, 7-week program is offered for free, and it will prepare the kids to participate in the 2015 Houston Texans Kids Triathlon. The sessions are hosted at many 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.

Why Triathlon?

Whether your child is already very active or is looking for a new sport to embrace, triathlon might be the answer. The variety of swimming, biking and running is appealing to kids, and it helps avoid overuse injuries and burnout. Most importantly, it is a sport we can all play for a lifetime. Triathletes embrace a healthy, active lifestyle focused on daily exercise, good nutrition and having fun with friends and family. We encourage you to give it a tri!

*The training program is open to all kids ages 6 to 15. Participants should have basic swimming abilities and their own bike. While the training classes are free, there is a registration fee for the actual event.

IN PROUD PARTNERSHIP WITH



HOUSTONTEXANS.COM/KIDSTRIATHLON • 904.448.2114

**IT'S
FREE**

TRIATHLON TRAINING PROGRAM LOCATIONS

Trotter Family YMCA - Fridays at 4:30 PM and 5:30 PM starting February 20th

Contact: Paige Zabransky - paige.zabransky@ymcahouston.org

Langham Creek Family YMCA - Sundays at 1:00 PM and 2:00 PM starting February 22nd

Contact: Cheryl Stitt - cheryl.stitt@ymcahouston.org

D.Bradley McWilliams YMCA at Cypress Creek - Fridays at 4:30 PM, 5:15 PM and 6:00 PM starting February 20th

Contact: Trisha Turner - Trisha.Turner@ymcahouston.org

Edgar A Smith Family YMCA - Saturdays at 10:00 AM and 11:00 AM starting February 21st

Contact: Zach Stuckwisch - zach.stuckwisch@ymcahouston.org

Weekley Family YMCA - Sundays at 3:00 PM starting February 22nd

Contact: Jon Kidwell - Jonathan.Kidwell@ymcahouston.org

Thelma Ley Anderson YMCA - Saturdays at 10:00 AM and 11:00 AM starting February 21st

Contact: Trish Guerrero - trish.guerrero@ymcahouston.org

Vic Coppinger Family YMCA - Sundays at 3:00 PM and 4:00 PM starting February 15th

Contact: Tempest Smith - tempest.smith@ymcahouston.org

Alief Family YMCA - Saturdays at 11:00 AM starting February 21st

Contact: DeAnna Bradshaw-McDougal - deanna.bradshaw@ymcahouston.org

West Orem Family YMCA - Saturdays at 2:00 PM starting February 21st

Contact: Cleveland Landheart - cleveland.landheart@ymcahouston.org

Katy Family YMCA - Fridays at 4:30 PM and 5:30 PM starting February 20th

Katy Family YMCA - Saturdays at 4:00 PM and 5:00 PM starting February 21st

Contact: Candi Revere - candic@ymcahouston.org

M.D. Anderson Family YMCA - Mondays at 5:30 PM and 6:30 PM starting February 23rd

Contact: Maggy Solis - margaret.solis@ymcahouston.org

Fort Bend Family YMCA - Fridays at 6:00 PM (Juniors) and 7:00 PM (Seniors) starting February 20th

Contact: Michael McCordic - michael.mccordic@ymcahouston.org

T.W. Davis Family YMCA - Wednesdays at 5:00 PM starting February 18th

Contact: Kathy Szypulski - kathys@ymcahouston.org

Lake Houston Family YMCA - Sundays at 12:00 PM starting February 22nd

Jillian Peterson - jillian.peterson@ymcahouston.org

Houston Texans YMCA - Fridays at 6:00 PM starting February 20th

Contact: John Williams - john.williams@ymcahouston.org

Tellepsen Family YMCA - Fridays at 4:00 PM (Juniors) and 5:00 PM (Seniors) starting February 20th

Contact: Jaci Reiter - jaci.reiter@ymcahouston.org

SMC-Shadowbend YMCA - Saturdays at 9:00 AM (Juniors) and 10:00 AM (Seniors) starting February 21st

Contact: Levitia Simmons - levitias@ymcahouston.org

Brenda and John Duncan YMCA - Saturdays at 1:30 PM starting February 21st

Contact: Kionta Carter and Noah Bradley - noah.bradley@ymcahouston.org

Perry Family YMCA - Wednesdays at 4:30 PM (Juniors) and 5:30 PM (Seniors) starting February 18th

Alicia Martinez - alicia.martinez@ymcahouston.org

HOUSTONTEXANS.COM/KIDSTRIATHLON • 904.448.2114