



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN AND MAINTAIN

Off-Season Triathlon Training YMCA OF GREATER SYRACUSE

- Maintain your run base
- Improve your cycling and swimming techniques
- Improve your power to weight ratio
- Strength train a.k.a. "injury proof" your body
- 6 Week session: \$42

East Y

October 12th—November 16th *

Wednesdays 9:30-11:00am with childcare 16ONG 0209TRleastA

Wednesday 6:30pm-8:00pm 16ONG 0209TRleastP

North Y

November 14th—December 19th

Mondays 9:00-10:30am with childcare 16ONG 0209NorthTri

Northwest Y

October 11th—November 15th *

Tuesdays 6:30-8:00pm 16ONG 0209NWtriTues

November 14th—December 19th

Mondays 5:30-7:00pm 16ONG 0209NorthTriMon



* 4 week session will follow this session \$28. Registration starts Nov 7th for 4 week session.