



GET FIT FAMILIES

YOUTH TRIATHLON and RUNNING PROGRAMS

E-Mail address is necessary with registration. All participants will be contacted and given a schedule by e-mail. REGISTER TODAY at the Membership Desk or online at www.bcfymca.org!!

(Ages 6-14. Younger ages may be approved through Joella.)

\$100 YMCA Members | \$125 Non-Members

*Runs 8 weeks; October 27 - December 13, 2014. No programming Thanksgiving week. One week trial period of **October 21-25, 2014**; \$5 drop-in to try it out.

*r=run
*b=bike
*s=swim

Class Times (Weekly schedule emailed each week)

Sun Swim, bike, run, time announced each week
Mon 3:30-4:15 Swim Session 1 (s), 4:15-4:45 Swim Session 2 (s), 5:00-5:45 (Family Cycle)
Tues 4:45-5:15 (r), 5:15-5:45 (b)
Wed 3:30-4:15 Swim Session 1 (s), 4:15-4:45 Swim Session 2 (s), 5:00-5:30 (r)
Thur 3:30-4:15 Swim Session 1 (s), 4:15-4:45 Swim Session 2 (s), 5:00-5:30 (r), 5:30-6:00
Fri 4:15-5:15 (s) (Beginner Cycle)
Sat Swim, bike & run, time announced each week

Upcoming events for training:

Nov. 2, GFF Cross Country Meet
Nov. 9, Junior Olympics Youth Cross Country Meet
December GFF Christmas Race



WHAT KIDS GET:

Weekly group training sessions, bicycle handling skills training, bike fitting, FREE Family Cycle classes, running development skills, swim evaluation, swim stroke development, small group swim sessions, and shoe analysis. Also includes discounts for the GFF races, camps and a GFF t-shirt

ADULTS-ENDURANCE CYCLING CLASS \$45 YMCA Members/\$90 NonMembers
90 minute Endurance Cycling class, focusing on endurance and increasing power and watts during an endurance session. **Wednesdays 6:00-7:30PM**

ADULTS-YOGA FOR ATHLETES \$18 YMCA Members | \$25 Non-Members
Are you tight? Do you know how to stretch? What to stretch? Did you know increasing your flexibility can decrease your injuries? **Tuesdays 7:05-7:45PM**

WANT TO DROP-IN TO TRY IT OUT? STOP BY THE MEMBERSHIP DESK

\$5 One-time drop-in pass

Contact information: Rose E. Schneider YMCA 724.452.9122 www.bcfymca.org
Program: Joella Baker, USAT Triathlon Coach joella@zoominternet.net
YCA: Sandy Ihlenfeld, Senior Physical Director sihlenfeld@bcfymca.org