

Throughout the month of March, the Y will be hosting the kid's Lazy Man Triathlon Sprint. A fun competitive event including a ½ mile swim, 12 ½ mile bike ride and a 3 mile run. Come find your inner strength with us!



KIDS (AGES 13-15) LAZYS MAN TRIATHALON SPRINT

The swimming, running and biking can be done indoors or outdoors, at the Y or any other location of your choice. Biking and running can be replaced by a cardio class or using the elliptical. Events do not need to be done in traditional order, and must be completed by March 31st. You can fill in the display tally board in the fitness center.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Please Register at Member Services
by March 1 and receive your tally card.

SWIM:

½ MILE

35 laps

BIKE:

12 ½ MILES

RUN:

3 MILES

Teen lap swim:

Mon/wed 7:30-9:45pm

Teen fitness schedule:

Mon-Thurs.

5:30-8:00pm w/ parent

Mon.-Thurs.

2:30-5:30pm w/o parents

Fri-sun. All business hours w/o
parents

**PRIZES FOR ALL WHO
COMPLETE THE
TRIATHALON**