



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRI SOMETHING NEW



MIDSTATE TRIATHLON CLUB MERIDEN YMCA

Swim, bike, and run in a supportive environment with a group designed to promote adult and child athletes of all ages and abilities. Attend group indoor and outdoor workouts, at various locations, with a targeted monthly focus which will be supplemented with distance-specific training plans preparing athletes for upcoming individual and team races.

ADULT TRIATHLON CLUB

Full Member: \$99 for the year
Program member: \$129 for the year

YOUTH TRIATHLON CLUB

Full Member: \$89 for the year
Program member: \$119 for the year

QUESTIONS

See Carrie in Fitness.

**Come to our
Open House
January 19th
6:30 p.m.
to learn more**