



**Tri 4 Schools Triathlon Training Team
Sign up for Summer 2019 Programs!**

REGISTER TODAY!

The Tri 4 Schools Triathlon Training Team is a fitness program that prepares kids of all fitness levels to participate in a Tri 4 Schools Kids Triathlon. Participants ages 7 to 14 set personal goals, and then support each other by training and working together as a team. In addition to physical training, the program teaches kids bike and water safety as well as incorporates social, emotional, and mindfulness topics. The Training Team program curriculum is designed to be fun and engaging so your kids stay excited about their upcoming race!

Summer 2019 Programs	Ages	Locations	Schedule
Oconomowoc	7-14	Roosevelt Park	Mon/Wed 4-5:30 June 10-Aug 7
Watertown	7-14	Riverside Park	Tues/Thurs 4-5:30 June 11-Aug 8
University Lake School	7-14	University Lake School	Tues/Thurs 4-5:30 June 11-Aug 8

No practices the week of July 4. Goal Race: Tri-ing for Children's Youth Triathlon Saturday, July 27th, 2019 in Dousman.

Register today at: www.tri4schools.org/training-teams/. Financial assistance is available to qualifying families. For more information contact Heather Olwig holwig@tri4schools.org.

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