



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRI SOMETHING NEW

**SWIM, SPORTS, PLAY**  
Triathlon Training WINTER 2012

**MONTECITO FAMILY YMCA**  
a branch of the Channel Islands YMCA

Group training is an excellent way to move your current workout to a higher level, cross train, increase endurance, and **MAKE NEW FRIENDS!**

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**See reverse side for details**



## *Montecito Tri-Club*

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[ciymca.org](http://ciymca.org)

## TRIATHLON GROUP TRAINING, WINTER 2012

MONTECITO FAMILY YMCA, a branch of the Channel Islands YMCA

# TRIATHLETES!

Triathlon training is an excellent way to move your current workout to a higher level, cross train, increase endurance, and **MAKE NEW FRIENDS!** The Program challenges all level of athletes and can be individualized.

Ages: 16 years and up!

When: January 9<sup>th</sup> – March 31<sup>st</sup>

**Program starts Tuesday, January 10<sup>th</sup>, 6:15am @ Montecito Y**

Our goal(s) will be to build our training for 12 weeks and compete in the YMCA Tri-4-FUN and/or Kendra's Sprint Triathlon March 31<sup>st</sup> hosted at UCSB.

Where:

**Tuesdays 6:00am @ SBCC Track**

**Thursdays 6:00pm @ Montecito Y Pool**

**Saturdays 8:30am @ Various Locations**

The Program Includes:

- 12 week Training Schedule
- Informational Talks / Trainings
- Open Water Practices
- Track Workouts
- Group Cycling Rides
- Swim/Stroke Technique Clinics
- YMCA Tri-4-FUN
- Tri-Team Shirt and FUN!

Santa Barbara and Montecito  
Y Member Cost:

**\$100 per month**

Or

**\$250 for 3 months**

Non-Y Member  
Cost:

**\$150 per month**

Or

**\$350 for 3 months**