



YMCA We Build Strong Kids, Strong Families, Strong Communities

NorthWest Family YMCA Triathlon Club

For the first time triathlete to the advanced competitor, this club is for anyone interested in doing triathlons!

This group will participate in group workouts, have quarterly guest speakers
And train to participate in upcoming triathlons.

Register at the Membership Service Desk
Member Cost: \$35/year Non-member Cost: \$50/yr

Membership Includes:

Monthly meetings with special guest speakers

T-Shirt

Weekly emails to include group workout dates and helpful hints

Expertise from certified Triathlon coach and certified instructors

Group Banner at Triathlons

Continued motivation and support



YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.