



YMCA Tri-For-Fun Triathlon

Saturday, April 14, 2012

Gain confidence • Build endurance
And have a good time as you swim, bike and run to the finish line.



The Y & Central Coast Triathlon Club take
**Triathlon Training
to the Finish Line!**

Get the tools and confidence
to accomplish your goal!

YMCA Tri-Training Teams begin week
of February 13, 2012

Open to Y Members & Non-members

Ideal for all fitness levels

Clinics and Club Passes are FREE with
registration

Everyone has what it takes!
Believe in yourself and aim high!

YOU CAN DO IT!



www.smvymca.org

For more information, contact
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