Kids Triathlon

Ages 5-12

Participants will be introduced to the fast growing multi-sport and learn how to combine swimming, cycling, and running over four sessions. Rules, safety, and coordinating the three disciplines will be the primary focus.

The program will conclude with a mini-tri the Sunday following the last session. Participants must have the ability to swim 25 yards without stopping and bring a bicycle and helmet. **MIN/MAX:** 10/30

**Location:** Anderson Shelter and Pool; Chiddix Track

**Sessions**
**Dates:**
- Wednesday, June 5 (Swimming)
- Monday, June 10 (Biking)
- Monday, June 17 (Running)

**Time:** 5:30-6:30pm

**Fee:** $25

**Activity #:** 132550-11

**Mini Tri**

**Date:** Sunday, June 23

**Time:** 9:00am

**Distances:** Subject to change on participant’s abilities
- Ages 5-8: 50 yard swim; 2 mile bike; 0.3 mile run
- Ages 9-12: 150 yard swim; 4 mile bike; 1 mile run

Please visit NormalParks.org for more information.