

YHEALTH & FITNESS™



Spring 2009 Triathlon Training

Classes are one hour of coached swimming followed by either an indoor cycling class or running in pace groups.

Classes are lead by USA Triathlon Level II Coach Mike Garton plus a star-studded team of other experienced triathlon instructors and triathlon related experts.

DAYS: Mondays and Wednesdays (twice a week)

TIMES: 6:00 pm – 8:00pm

DATES: January 5th – March 25th (12 weeks)

FEE: YMCA Members: \$125

Non YMCA members: \$200

PREQUISITE: Swim 50 yards without stopping

TO REGISTER: call 515-965-8800

or online at <http://www.dnymca.org/> (Ankeny branch)

 **We build strong kids,
strong families,
strong communities.**

www.dnymca.org

For more information, contact Mike Garton at 515-979-8404
Ankeny YMCA, 1102 North Ankeny Boulevard, Ankeny, IA 50021

Through generous contributions from YMCA members and the United Way,
no one is turned away from the YMCA due to the inability to pay.



YMCA MISSION

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