

SANFORD TRIATHLON – YOUTH TRAINING PROGRAM

Oxbow Location

YOUTH SWIM PROGRAM

The goal of the Youth Swim Program is to offer youth the opportunity to improve existing swimming skills and learn the value of being on a team. Youth who are 7-15 years of age and can swim two lengths of the pool are eligible for this program.

APRIL 4-MAY 25, 2022 (8 WEEKS)

Training Times:

Mondays & Wednesdays: 4:30-5:30 pm

Cost: \$50.00 Members (\$75.00 Non-member)

Sign-up in Sanford Wellness Center Sales Office by March 23, 2022

YOUTH TRIATHLON TRAINING PROGRAM

These structured practices will provide a positive environment and coaching necessary to succeed in triathlon and provides a great social outlet for all involved.

Youth Triathlon Training Program Includes:

Three group sessions a week with trainer

Weekly email updates

Sanford Triathlon T-shirt



Contact kathy.grady@sanfordhealth.org with questions about Triathlon Training programs

JUNE 1-AUGUST 18, 2022 (12 WEEKS)

Training Times:

Mondays: Swim/Run Training at the Wellness Center

Swim (11:00-11:50) and run (11:55-12:15 pm)

Wednesdays: Open water swim/Bike/Run at Wall Lake

11:00-12:30 pm

Thursday: Bike/Run at Yankton Trail Park

11:00-12:15 pm

Cost: \$200.00 Members (\$275.00 Non-members)

Sign-up in Sanford Wellness Center Sales Office by May 18, 2022

