



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SO YOU WANT TO TRY A TRIATHLON?

Workshop for a Triathlon A. C. LEWIS YMCA

A beginners guide to your first triathlon or a refresher course for those who tried in the past. Before you buy your first pair of goggles, or bike helmet or running shoes, here are some basic guidelines to enjoy this multi sport! Things you need- swim attire, water bottle and comfortable clothing. Active participation required.



Members \$40 Non-Members \$60

WHEN: Saturday, June 30th and Saturday, July 7th

TIME: 1:30-3:30 pm

LOCATION: A.C. LEWIS YMCA
350 S. Foster Dr
Baton Rouge, LA 70806
225-924-3606

For more information please contact Alexandra Ruiz at aruiz@ymcabr.org