

# Grow Up Strong Inside & Outside



## KIDS train to TRI Clinics

**Tuesday, August 30: Open Water Swim Technique Clinic.** Meet outside Kershaw beach with swim gear.

**Thursday, September 1: Bike/Run Technique Clinic.** Meet in Steamboat Landing parking lot with bike and run gear.

**Tuesday, September 6: Transition technique and Open water swim technique review.** Meet outside Kershaw Beach with all your gear.

All clinics run **5:30-6:30 p.m.** in Canandaigua **\$8/Clinic or \$20** for all 3. Sign up at [www.active.com](http://www.active.com). **Please be there five minutes prior to start time.**

**USA-Triathlon certified coaches offer triathlon training for kids. Have fun and learn! PREPARE NOW FOR THE FINGER LAKES KIDS' TRIATHLON.**

**Advance sign-up and signing a waiver is REQUIRED.**

**Please email [tri@canandaigua-ymca.org](mailto:tri@canandaigua-ymca.org) with any questions!**