



# TRAIN. EXECUTE. SUCCEED.

## YMCA Triathlon Group Training Sessions — Winter 2019

### 6-wk Swim Clinic

Ongoing. FREE.

Must register. (19WIN/19SP1/19SP2/19SUM/19FL1/19FL2)

Location	Day	Time	Reg. Code
Hal Welsh East Y	Monday	9:30-10:30 a.m.	0412TMCLIN1
	Tuesday	7:30-8:30 p.m.	0412TMCLIN3
Northwest Y	Tuesday	9:30-10:30 a.m.	0712SWIMCLIN

### 6-wk Group Triathlon Training - Off Season

Session: Jan- May 2019 ongoing

\$45 Members

Classes meet 1x/wk. Ongoing 6-wk program through May.

Location	Day	Reg. Code	Time
North Y	Monday	0209North	9:00-10:30 a.m.
Northwest Y	Sunday	0209NWSun	8:00-9:30 a.m.
	Monday	0209NWMon	5:30-7:00 p.m.
Hal Welsh East Y	Wednesday	0209East1	9:30-11:00 a.m.
	Wednesday	0209East2	6:30-8:00 p.m.

### 6-wk YMCA Sprint Triathlon Training

Session: April 22-June 8 2019 \$100

Registration begins March 2019.

Registration code: 19ong 0209YMCATRI

Location	Sport	Day	Time
Downtown Y	Pool	Wednesday	6:00 a.m.
	or	Friday	6:00 p.m.
Southwest Y	Track	Monday	6:00 p.m.

*Group Ride & Run - Saturdays at 8:00 a.m. @ GL St Pk*

### 12-wk Swim Academy

\$25/Member

Ongoing Class join anytime!

Classes meet 1x/wk. Registration begins September 24, 2019.

Session runs November 4, 2018- February 2019.

Location	Day	Time	Reg. Code
Downtown Y	Wednesday	6:00-7:00 a.m.	19ONG0209dtsa1
DT starts 1/4	Friday	6:00-7:00 p.m.	19ONG0209SAfri
North Y **	Wednesday	7:20-8:20 p.m.	18ong0209norsa1
Started in	Sunday	3:00-4:00 p.m.	18ong0209northsa2
Nov 18'	Sunday	4:00-5:00 p.m.	18ong0209northsa3

### 16-wk Half Iron Man Training

Session: March 3- June 23 or June 3- Sept 22nd

\$250 Members & \$375 Non-Members

June 3rd training dates and places TBD

Classes meet 3x/wk. Registration begins February 2019. Train for 70.3 A Second 70.3 training will start early June; details to come.

Choose a Swim Academy and a Computrainer Class. Track day is Thursday at 6am at SWY, then moves outside in May to Evenings. Email [jhughes@syracuseymca.org](mailto:jhughes@syracuseymca.org) for Computrainer schedule.

Reg Code 19ong 0209HalfIM

### Private Triathlon Swim Lessons with a USAT Tri Coach or Tri Swim Coach

19ONG

Session	Cost	Reg. Code
6-30 minute	\$150	0209prtswim
4-30 minute	\$100	0209prtswim1
1-30 minute	\$30	0209prtswim3
Add a swimmer if they are of equal ability (to the 6 lessons)	\$75	0209prtswim2

Complete Triathlon mechanics analysis available throughout the year:

- Video Swim Stroke Analysis
- Computrainer Bike Testing
- Run Analysis

Join our FB Page Syracuse Y Triathletes

OWS and Outdoor rides begin in the spring!

Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_



For more information and any questions, please contact Jennifer Hughes, Multi-Sport Director, at [jhughes@syracuseymca.org](mailto:jhughes@syracuseymca.org).