16-wk Half Iron Man Training
Session: Begins in March for Spring races
$250 Members & $375 Non-Members
Fall 70.3, training begins in June
Classes meet 3x/wk. Registration begins February 2020. 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@ymcacny.org for Computrainer schedule.

Group Triathlon Training – Off Season
Session: Jan- May 2020 ongoing
Fee based :Members
Classes meet 1x/wk. Ongoing multiple week program through May.

Location | Day | Time | Location | Day | Time
---|---|---|---|---|---
Hal Welsh East Y | Monday | 9:30-10:30 a.m. | | | 
| Tuesday | 7:30-8:30 p.m. | Northwest Y | Tuesday | 9:30-10:30 a.m. |

Ottawa Marathon Training
Session: Jan 6th to May 24th $135
Registration begins: 12/30/19
Coached BY USAT Level 1 Coach

Location | Sport | Day | Time |
---|---|---|---|
Southwest Y | Track | Monday | 7:30pm 1/6/20 |
Southwest Y | Track | Monday | 6:00am (starts in May) |

12-wk Swim Academy
$35/Member Ongoing Class join anytimel Classes meet 1x/wk. Registration open Dec 15th 2019

Location | Day | Time |
---|---|---|
Downtown Y | Wednesday | 6:00-7:00 a.m. |
Downtown Y | Friday | 6:00-7:00 p.m. |
North Y | | |
| Starts Jan | Sunday | 1:30-2:30p.m. |
| 2020 | Sunday | 2:30-3:30p.m. |

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

<table>
<thead>
<tr>
<th>Session</th>
<th>Cost</th>
<th>Reg. Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-30 minute</td>
<td>$150</td>
<td>0209prtswim</td>
</tr>
<tr>
<td>4-30 minute</td>
<td>$100</td>
<td>0209prtswim1</td>
</tr>
<tr>
<td>1-30 minute</td>
<td>$30</td>
<td>0209prtswim3</td>
</tr>
<tr>
<td>Add a swimmer if they are of equal ability (to the 6 lessons)</td>
<td>$75</td>
<td>0209prtswim2</td>
</tr>
</tbody>
</table>

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@ymcacny.org