

KIDS
TRIATHLON
TRAINING
CAMP

led by Erika Setzler
USA Triathlete team member
& Conway Regional Fitness Specialist

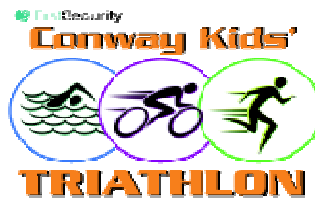


CONWAY REGIONAL
Health AND
Fitness
— CENTER —

I RUN.
I BIKE.
I SWIM.

Triathlon Training Camp for Kids

Our Kids Triathlon Training Camp prepares your child to successfully race the Conway Kids Triathlon on August 10!



This fun and interactive camp involves sport specific training, but also focuses on helping your child practice the swim to bike and bike to run transitions under the supervision of USA Triathlete team member and Conway Regional Fitness Specialist, Erika Setzler.

(2) sessions to choose from:

Monday & Wednesday Session

July 29 & 31, August 5 & 7 | 9 - 10:30 a.m.

or

Tuesday & Thursday Session

July 30, August 1, 6 & 8 | 9 - 10:30 a.m.

*participants are not allowed to mix days

Open to all kids ages 6-15 | LIMITED spots available in each session!

Member | \$30 per child & Non-Member | \$35 per child

For more information, contact Erika Setzler at 501-450-9292, ext. 313
or email erika.setzler@conwayregional.org.