



CLINIC


This 3-week clinic at the Wellness Center of NORTHWEST CARY will provide youth ages 7-12 the skills needed to finish the Tar Heel Youth Triathlon on September 24 (at Cary)

Monette Williams, along with other USA Triathlon Coaches Kari Wilkinson, and Michelle Treffer, will demonstrate, motivate and teach the youth the steps and skills needed to finish a triathlon. Equipment needed throughout the clinic: swim suit (goggles recommended), bike and helmet (no helmet- no riding), and athletic sneakers.

All levels of youth participants are welcome as the race course is considered an easy triathlon. However, we do ask that kids are able to swim a length of the pool and that they can ride a 2-wheel bike that is in good condition for safety purposes.

TUES/FRI, SEPTEMBER 5-22

4:30-5:30 PM

 **UNC**
HEALTH CARE
WELLNESS CENTERS
NORTHWEST CARY

REGISTER AT **FRONT DESK**

APPLICATION MUST BE COMPLETED BEFORE PARTICIPATING

\$75 MEMBERS, \$85 NON-MEMBERS