

Tri 4 Schools Summer Programs



Junior Racing Team



- Advanced training for kids ages 10-15
- Open to athletes that can swim 500 yards and can complete our long distance course
- Runs June 17 - August 19
- Meets T/R from 3:30-5:00
- Practice location varies between Verona, Fitchburg, and Middleton
- Participants complete a super sprint mock triathlon
- Program fee of \$300 includes a USA Triathlon youth membership

Training Team at Harbor Athletic Club

- Training for kids ages 5-12
- Open to any ability level
- Physical training in addition to social, emotional, fitness, and wellness topics
- Runs June 24 - August 17
- Meets M/W from 12:30-2:00
- Practices take place at Harbor Athletic Club
- Participants train to complete the Middleton Kids Triathlon on August 17
- Program fee is \$125 and includes your race entry

Registration is Open!
Sign up for all summer events and programs at:
tri4schools.org
Questions? Contact
mlindemann@tri4schools.org

*Join us this
summer!*

