



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MULTI-SPORT TRAINING WITH PURPOSE

Swim/Bike/Run Training WELLMARK YMCA

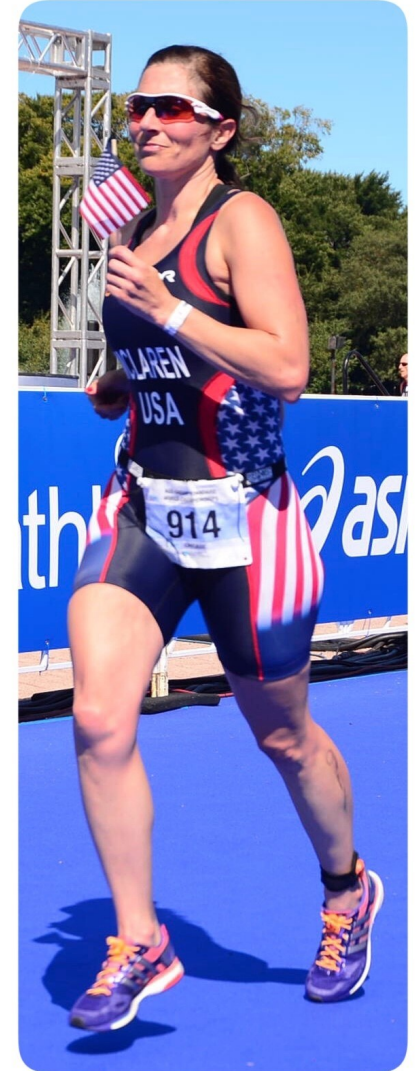
Multi-Sport Athlete Development

Our goal for all people in our Athlete Development Program is to give each athlete the training necessary to reach their goals. Through our expert training, individualized programs, and top of the line equipment we are certain we can get any athlete to the next level!

A professional USA Triathlon Certified endurance coach will work with you to achieve your training and racing goals.

- Your workouts are tailored to your specific goal(s)
- You'll know exactly what you're supposed to do during your key workouts
- Video analysis of swim stroke, running gait and biking pedal power analyzed
- Super convenient! You can meet all of your goals out of one facility!!

Prior to starting any program, you will meet with the coach for a consultation to discuss your goals. This information is taken into consideration so we can best prescribe proper training protocols.



Training Package Pricing:

	<u>INDIVIDUAL</u>	<u>PARTNER (*Per person)</u>	<u>TRIO (*Per person)</u>	<u>GROUP (4-6 *Per person)</u>
1 Session	\$55.00	\$45.00	\$35.00	\$25.00
5 Sessions	\$261.25	\$213.75	\$165.00	\$120.00
10 Sessions	\$495.00	\$405.00	\$315.00	\$230.00
15 Session	\$701.25	\$573.75	\$450.00	\$330.00
Payment Plan	\$250.00/\$250.00/\$201.25	\$200.00/\$200.00/\$173.75	N/A	N/A
20 Sessions	\$880.00	\$720.00	\$560.00	\$400.00
Payment Plan	\$300.00/\$300.00/\$280.00	\$250.00/\$250.00/\$220.00	N/A	N/A

**Monthly training program fee may apply. Please ask for 'Athlete' Training when signing up.

Contact:

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