



NEW! Triathlon Camp (Ages 8-17)

Week 1 (Ages 8-11) and Week 8 (Ages 12-17) 11:30 am – 1:30 pm \$85/Week

In this camp for learning the specifics of triathlons, participants will learn what it's like to actually do a triathlon. They'll learn how to set up transition between events, how to eat before, during, and after, what to wear, what their training should be like, how to manage mental attitude, and more. Participants should be able to swim, bike and run proficiently. Athletic attire is required. Water bottle(s) and towel(s) are suggested. Bring a light snack.

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Manassas Campus of George Mason University