



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRENGTH & CONFIDENCE



Kids' Triathlon FOND DU LAC FAMILY YMCA

Bike, run and swim at the Fond du Lac Family YMCA's Kids' Triathlon, open to kids **age 6-12**. Before or after the triathlon, join us for Healthy Kid's Day activities from 11:00am-2:00pm!

- Stationary bikes will be provided.
- Be sure to wear tennis shoes for the run run & bike and wear or bring your swimsuit.
- Goggles are also recommended for the swim.



WHEN: Saturday, May 7
TIME: 12:00-2:00pm
LOCATION: Fond du Lac Family YMCA
 90 W. Second Street, Fond du Lac
 920.921.3330 | fdlymca.org
FEE: \$10 Y Member
 \$15 Community Participant

Thank you to our sponsor



Pre-registration is required. Register online or at the Y Welcome Center Desk.

**HEALTHY
KIDS DAY®**
A YMCA Initiative

Saturday, May 7th | 11:00am-2:00pm

Make this your kid's Best. Summer. Ever! Keep them active and learning all summer long. Get a head start on May 7 at Healthy Kids Day, the YMCA's free day of creative, challenging, fit family fun!

