

STRENGTH THROUGH SHARED INTERESTS  
 TRIATHLON TRAINING AND ADULT SPORTS

**ENDURANCE/TRIATHLON SWIM PRACTICE**

NO ONLINE REGISTRATION

**Ages 18 & up**

A coached, endurance-oriented freestyle practice designed to give you the skills needed for longer distance and open water swimming. Practice will focus on increasing efficiency, pacing and stroke mechanics, while building fitness and endurance. Prerequisites: Participants should be comfortable in the water and be able to swim 200 yards (8 lengths) with ease (not speed) using rotary breathing. Bathing cap and goggles required.  
**Member: \$132; Non-Member: \$158**

**Level 1 Prep Class:** for swimmers who have not participated in the Endurance/Triathlon Swim Practice.

**Sunday: 2:00-3:30 pm**

**Level 2 Class:** for swimmers who have completed the Level 1 Prep Class.

**Sunday: 3:30-5:00 pm**

**RYE Y TRI TEAM**

Ages 18 and up

Perfect opportunity for the beginner or casual triathlete to connect with others and receive the guidance needed to reach his/her goal of completing a race or more. Receive training tips, participate in group workouts and enjoy social events with fellow team members.

**2012 Membership Fee: \$50**

Contact Laura Tiedge at x107 for details.

**TRIATHLON PREPARATION CLASS**

**SESSION III & IV**

Ages 18+ (Spring III and Spring IV)

Have you always dreamed about entering a triathlon? Train with us this winter and be race-ready for the Spring/Summer outdoor triathlon season. You will be working with swim coaches, cycling instructors and a strength/endurance trainer in a structured setting. You will also explore the sports psychology of these swim-bike-run races that are becoming increasingly popular. \*We strongly recommend that you train for two 9-week sessions.

**Meets twice a week for 9 weeks**

**Tuesday & Thursday: 7:35-9:00 pm**

**Members \$310\*: Non-Members: \$385**

The Rye YMCA is a proud participant/sponsor of the Jardin Westchester Triathlon.

**LAP SWIM**

**Ages 16 & up - Co-Ed**

Morning, afternoon and evening hours available. Schedule available at Member Service Desk or at [www.ryeymca.org](http://www.ryeymca.org) **Swim caps required.**

**OPEN SOCCER**

**Men's Soccer - Session III & IV - Ages 18 & up**

The men's adult soccer games take place every Thursday. Games are 5 on 5, teams are formed each week and games take place in the gymnasium.

**Thursday: 8:30-10:00 pm**

**Member: FREE; Non-Member: \$80 session**

**KARATE**

Ages 16 & up - Co-Ed

USA GOJU style karate, taught by a black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline.

**Tuesday: 6:00-8:00 pm**

**Member: FREE; Non-Member: \$115/per session**

**OPEN CO-ED VOLLEYBALL**

**Session III & IV - Ages 18 & up - Co-Ed**

Teams are formed each week with up to 8 players a team.

**Wednesday: 8:00-10:00 pm**

**Member: FREE; Non-Member: \$80 session**



**OPEN BASKETBALL**

Times available for young adult and adult members to participate. See gym schedule for days and times.

**3 ON 3 ADULT OPEN BASKETBALL**

**Ages 35 & up - Co-ed**

Teams formed weekly.

**Tuesday: 8:00-10:00 pm**

**Free to Members**

**ADULT GYMNASTICS OPEN WORKOUT**



**Ages 16 & up - Co-Ed**

Come and take part in our open workout program on the first Monday of each month. Work on all four Olympic events plus Tumbl trak and mini trampoline work.

**6:30-7:30 pm, Mondays: 2/6, 3/5, 4/2, 5/7, 6/4**

**Fee: \$20 per class**