



## T3Multisports Members Weekly Group Training

<p><b>Youth (age 7-10)</b></p> <p><b>Monthly Fee: \$40</b></p>	<p>Monthly Training Sessions</p> <ul style="list-style-type: none"> <li>• Saturday-12:00pm-2:00 pm</li> </ul>
<p><b>T3Multisports Youth Age 12-17 (non draft)</b></p> <p><b>Monthly Fee: \$90</b></p>	<ul style="list-style-type: none"> <li>• Monday-Swim session 5:30-6:15 pm</li> <li>• Wednesday-Run session 5-6 pm</li> <li>• Saturday-Bike session 10:00-11:00 am</li> </ul>
<p><b>Adult Membership (Age 18 &amp; over)</b></p> <p><b>Monthly Fee: \$110</b> (may be waived for adults with 2+ participating youth/junior athletes)</p>	<ul style="list-style-type: none"> <li>• Tuesday-Swim session 5:30-6:30 pm</li> <li>• Thursday-Run session 6:30-7:45 pm</li> <li>• Saturday-Bike session 8:30-9:45 am</li> <li>• *Parents may train the same days as their youth</li> </ul>
<p><b>Youth Elite &amp; Junior (Age 13-19)</b></p> <p><b>Monthly Fee: \$140</b></p>	<ul style="list-style-type: none"> <li>• Tuesday-Swim session 5:30-6:30 pm</li> <li>• Wednesday- Run session 6-7:15 pm</li> <li>• Saturday- Bike session 8:30-9:45 am</li> <li>• Sunday-Run session 8:30-9:45 pm</li> <li>• In addition, monthly elite athletes receive daily workouts written by coach Boris via email; powered by Training Peaks software</li> <li>• Routine High Performance Team/ T3Multisports Elite testing in swim/bike/run.</li> </ul>