

# GENERATION ENDURANCE CAMPS

Does your child LOVE the outdoors? Do they enjoy the challenge, adventure, personal success through dedication and hard work? GE camps are PERFECT for ANY athlete looking to build their aerobic capacity, muscular and cardiovascular strength and nutritional health.

2 GE Summer Camps in 2018:

## YOUTH TRIATHLON TRAINING

 Ages 7-11

 4 - 75 minute group training days

 3 locations

## CROSS COUNTRY CAMP

 Ages 10-14

 20 - 90 min sessions

 Varying NW Metro Locations



Summer 2018



**Inspiring Independent Victories**  
*Improving Muscular, Cardiovascular & Nutritional Health*

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view programs photos on [Generation Endurance FaceBook Page](#)  
[www.GenerationEndurance.com](http://www.GenerationEndurance.com)