



**Recreation Department**  
20 Sanderson Street  
Greenfield, MA 01301    413-772-1553 phone    413-773-0115 fax

*We create community through people, parks, and programs!*

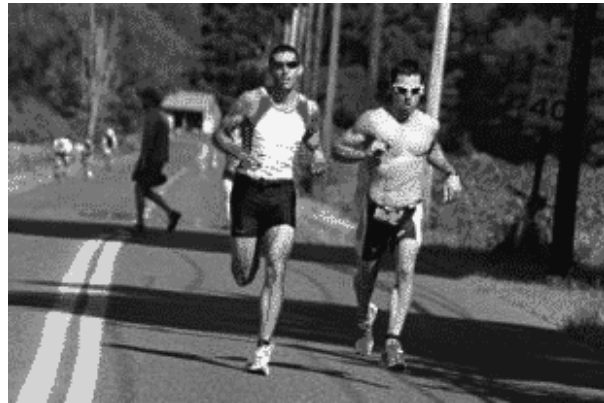
# Summer Programs

## ↓ Triathlon Training



This eight week Triathlon Training session is for beginner, novice, and intermediate tri-athletes. Our experienced instructor will explain the Greenfield Triathlon's course and

demonstrate helpful training techniques. Those wishing to take part in this training must be active participants in all three events of the Triathlon. Sign up now to compete in our 33rd Annual Greenfield Lightlife Triathlon on August 7th!



**AGE**     15+ years

**DATE**    Sundays, June 5 - July 31 (No Session July 3)

**TIME**    7:45 am-10:00 am

**PLACE**   Greenfield Swim Area

**FEE**     \$45 Residents /  
             Non-Residents

**CODE**    12010A

**NOTE**    See Greenfield Lightlife Triathlon  
(<http://www.greenfield-triathlon.com/index.php>)  
website for event details.