



Winter Session

Dream Multisport's winter session for ages 10-18 offers training options unique to the winter months including: **cross country skiing**, **snowshoeing**, **fat tire biking**, and **sledding**. Take advantage of mother nature's conditions to stay active and explore less typical cross training activities. Engage both large and small muscle groups, build core strength, and increase mobility. No experience necessary

Contact Info:

Matt Gardner matt@bicyclebarn-wi.com 262-490-7946

Lisa Christensen tricoachlisa01@gmail.com 414-704-3700

About Dream Multisport: DREAM MULTISPORT is a nonprofit program aimed at introducing young athletes, ages 10-18, to the sport of triathlon. Part of DREAM's mission is to keep kids active. During the fall and winter months we explore alternative training options including mountain biking, trail running, skiing, snowshoeing, and winter fat tire biking. In addition, we promote community awareness and participate in a variety of community/charity events.