

FUNDAMENTALS OF YOUTH RUNNING

SEPTEMBER 28TH-NOVEMBER 21ST

Mondays & Wednesdays
5:00-6:00 PM

THIS PROGRAM IS GEARED TO KEEP
KIDS ACTIVE AND HEALTHY,
REGARDLESS OF CURRENT RUNNING
LEVEL.

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\$80

Ages 8-15

Minimum enrollment: 10
Maximum enrollment: 25

MEMBERS CAN SIGN UP THROUGH THE
ONLINE PORTAL OR REC CENTER APP!

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PROGRAM MEETS RAIN OR SHINE! WORKOUTS
WILL PRIMARILY BE HELD OUTSIDE (WEATHER
PERMITTING).

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SNEAK PEAK OF A TYPICAL SESSION:

- Warm-up & cool-down exercises
- Proper running form
- Agility drills
- Running games
- Body-weight strength workouts
- Learning proper nutrition & hydration

Prizes will be given throughout the program for class attendance. End of session will include a "race" on November 21st with a pizza party at the end!