



Running Club with Mrs. Albertson

Who: 4th grade through 7th grade

What we will be learning:

- 1. Learn about the benefits of running***
- 2. Run and race against your friends***
- 3. Circuit training to increase speed & agility***
- 4. Skill-related fitness components to improve athletic performance***

When: January 16th- March 13th

Time: Wednesdays from 3:15-4:15p.

Cost: \$60.00 for 8 weeks

Youth t-Shirt Size: _____

****Please make checks payable to Jaye Albertson***