



Running Club with Mrs. Albertson

Who: Grades 5th-8th

Due to safety for off campus runs, this club has a limit of 20 kids. First come first serve 😊

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*
- 5. Off-campus running*

When: January 15-March 4th

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

Cost: \$60.00 for 8 weeks

Youth t-Shirt Size: (New runners only)

**Please make checks payable to Jaye Albertson*