



JOIN THE RUNFIT KIDZ TEAM!

This fall RunFit Kidz is back by popular demand! **The Sangster PTA** is excited to offer students in grades 2nd through 6th the opportunity to participate in this fantastic program.

Registration opens August 25th at 8:00AM and closes Sept. 22nd.

Class will be offered:

Tuesday's **after-school** from 3:55PM – 5:15PM starting Sept. 26 – Nov.14

Wednesday's **before-school** from 7:40AM – 8:55AM starting Sept. 27 – Nov.15

Thursday's **before-school** from 7:40AM – 8:55AM starting Sept. 28 – Nov.16

Coach will communicate class specifics prior to the first class. Space is limited so register early. Note: No class Tues, Nov. 7th

Details:

- Grades 2nd – 6th (note: if you have an interested 1st grader please contact us)
 - Certified Professional Coaching provided
- Instruction on running mechanics, strength training, nutrition, pacing and goal setting
- Participants build self-esteem, confidence and determination
 - Celebration 5K – Saturday, Nov. 18th at TBD

Registration Fee: \$95 per participant (*this includes the 5K*)

Registration Includes: 8-weeks of professional coaching, Tshirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

Don't Delay Register on Aug. 25th at www.runfitkidz.com

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at corky@runfitkidz.com



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