



JOIN THE RUNFIT KIDZ TEAM!

The Halley PTO is proud to offer RunFit Kidz this fall on **THURSDAY Afterschool**. RunFit Kidz is unlike any other running program as our certified professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits. Class size is limited so register early.

Registration Opens August 30th at 8:00AM

Class will be offered:

Thursday afterschool from 4:15 – 5:30PM: Sept. 26th – Nov. 14th




Class specifics will be sent prior to the first class.

Details:

1. Grades 2nd – 6th (Have an interested 1st grader? email corky@runfitkidz.com)
2. Certified Professional Coaching provided
3. Instruction on running mechanics, strength training, nutrition, pacing and goal setting
4. Participants build self-esteem, confidence and determination
5. Celebration 5K: Saturday, November 16 at Edison High School

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.

For updates follow us on    @Runfitkidz

Registration opens Aug. 30th - www.runfitkidz.com

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

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