



Miramichi Track and Field Club

Does your son or daughter like to run, jump and throw? Well, we have the perfect program for them!

Youth aged 5 to 12 are invited to participate in a **Run, Jump, Throw 12 Challenge Series**, which will involve 4 evenings of 12 Challenges, planned for Mondays - May 19, 26, June 2 and 9th at the James M Hill track in Miramichi. Three different track and field events are scheduled every week for a total of 12 events (hence the name of the program). The instructors will be trained Run, Jump, Throw instructors.

Categories will be :

Kindergarten to grade 2 students – 6:00 PM to 6:50 PM

Grade 3 to grade 6 students – 7:00 PM to 7:50 PM

Registration fee will be \$25 and will be done online on <http://www.trackie.com/online-registration/event.php?id=1258>

For more information, contact: tammy.stewart@nbed.nb.ca



What is Run Jump Throw?

- A fun and active learning environment
- Individual improvement and positive reinforcement
- Developing the skills of running, jumping and throwing in age appropriate progressions
- Improvement in physical and emotional well-being
- Safe instruction

For more details, check out their website: <http://www.athletics.ca/page.asp?id=64>