



TRACKRASCALS

BEGIN MARCH 31

Introduction to Track & Field

for children 6, 7 and 8, born in 2001, 2002 and 2003

Twice weekly sessions -

Tuesdays & Thursdays 6pm
to 7:30pm from

March 31st to June 4th
(22 sessions)



Children learn the basics of athletics in a fun, non competitive, play oriented atmosphere. The program will be led by Nanaimo Track and Field Club's Run Jump Throw certified coaches

**Cost \$65, includes BC Athletics
Membership and T-shirt**

**Registration at The Rotary Bowl Club House
Tuesdays, (6 to 7:30pm) and Thursdays,
(6 to 7:30pm) commencing March 24th, 2009.**

