



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Have fun and run!

## A YOUTH RUNNING PROGRAM

**Saturdays, 8:00am – 9:00am**  
**Now until February 18**

All kids should have the opportunity to stay healthy and have fun doing it. In our running program, they'll be able to connect with people their own age and make new friends all while improving their health.

- › Free program for members and non-members
- › Middle and high school ages, separated into small groups
- › Training conducted by adult volunteers
- › Activities will be based on ability
- › Stretching led by a certified personal trainer
- › Parents encouraged to participate



For more information or to sign up, please visit Member Services.