



JOIN THE RUNFIT KIDZ TEAM!

The Nativity PTO is proud to bring back RunFit Kidz this spring. RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

Registration Opens Friday, March 1st!

Class will be offered:




Thursday's after-school from 3:15PM – 4:30PM starting March 21st – May 16th
No class during spring break. Class specifics will be sent prior to the first class.

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, May 18th 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 5K Party.

For updates follow us on    @Runfitkidz

Don't Delay Register on March 1st at www.runfitkidz.com

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

NOTE: RunFit Kidz volunteer hours are approved for the required Nativity hours.



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