Manalapan Parks and Recreation presents:

Spring Youth Track Team

Mondays 4:30-5:30 p.m. OR 5:30-6:30 p.m. OR Saturdays 11:00 a.m.-12:00 p.m. Begins Saturday, March 29 or Monday March 31 **New this spring!** Thursdays 5:00–6:00 p.m. (must be in addition to Monday or Saturday)

Instructed by Gone Running, LLC USA Track and Field Coaches Bob Andrews.

Kristin Andrews and Willie Cicoria

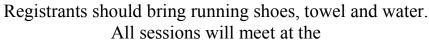
Open to children presently in grades 2 through 8

Participants will learn:

- > Proper running form
- > Dynamic flexibility warm up
- > Race start techniques
- Relay running and baton passing
- > Racing strategies
- Plyometrics

Fee is \$80 per person.

Register for two sessions and pay only \$140! (must be same child)
Program concludes with track meet on Saturday, May 17th
(track meet included in registration fee)



Manalapan High School outdoor track

Credit Card registration is accepted on-line only! https://register.communitypass.net/manalapan

All other registration will be accepted by mail at 120 route 522, Manalapan 07726 Or in person at the Manalapan Parks and Recreation office, 93 Freehold Road

For more information go to WWW.MTNJ.ORG

Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!

Recreation keeps you fit for life!





