

Manalapan Parks and Recreation and **present:**
Youth Track Team

April 16 through May 14
Monday's 5:00 - 6:00 p.m.

Instructed by *Gone Running, LLC*
USA Track and Field Coach **Bob Andrews**
Personal Fitness Trainer and Coach **Kristen Andrews**

Open to children presently in grades 3 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 \$65 per person for Manalapan/Marlboro residents.
Non residents are welcome to join the program for an additional \$10.00 fee.
Fee includes participation in track meet on Saturday May 19th

Registrants should bring running shoes, towel and water.

All sessions will meet at the
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!



Mayors Wellness Campaign
Put your community in motion.