

FAMILY STRIDES PRESENTS: SUMMER FUN FUN FUN

KIDS ON THE RUN

Kids train to run a 5K...while having a great time playing fitness games and learning about nutrition!

July 11-August 29

Meets weekly

Saturdays 9:45-10:45AM

Fox Lane HS track

★ **Kids t-shirt**

★ **Final class = picnic**

Parents: get involved too...for **FREE!**

★ **Adults Walking club**

★ **1 hour outdoor Beginner Yoga session for adults**

	Members	Non members:
8 weeks	\$120	\$150
sibling discount	\$100	\$120



Register with **Kathleen** at KGoldring@sawmillclub.com



SAW MILL CLUB

KIDS ON THE RUN

A fun,
empowering
experience-
based program
that creatively
incorporates running.

We support responsibility, encourage healthy eating habits, and help kids embrace the power of becoming who they want to be in a nurturing community environment.

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Saturdays
9:45-10:45
July 11–Aug 29

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Non Members:	\$150
<i>sibling discount</i>	
Members:	\$100
Non Members:	\$120

Moms! - please check box if interested in :

Walking Club Beginner Yoga

Name: _____ Age: _____

Parent's Name _____

Home Phone #: _____ Work/Cell #: _____

Email Address: _____

Program Fee _____

Method of Payment: Charge Member Account Credit Card

Credit Card Number: _____

Name on Card: _____ Exp Date: _____

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