

Track & Field

WHEN

Wed 12:20pm -1:20pm

WHERE

Barnard Elementary On the grass field. All Tk and Kinders will be picked up by staff.

About

JGF Active Forever after school programs are designed to:

- Educate students on fundamentals of Track and Field sports
- Inspire students through after school activities centered around sports activities
- Teach students about discipline and leadership through fun-centered activities

FEATURING ·long and short distant running · strength training ·javelin ·hurdles ·leadership training



AGES 5-8

COST

\$100

* price reduction depending on amount of participants. **SO BRING A FRIEND!!!**

DATES /TIME

Oct 11 - Dec 13 (no class on 11/15 and 11/22)

SIGN UP

For registration information Please contact **Stefen Thompson** jgfactiveforever@gmail

Minimum of 8 student to hold class.

JGF Active Forever is a Brazilian style track & Field program created by Jadel Gregorio 2x Olympic Triple Jumper and Coach Stefen, Barnard Mother