

TRACK & FIELD

CLINICS FOR BOYS & GIRLS: After School



JADEL GREGORIO
-Olympic Athlete

WHERE: Barnard Elementary School/
on the grass field

WHEN: FRIDAYS - 9 Week Program

4/6 4/13 4/20 4/27 5/4
5/11 5/18 5/25 6/1

TIME 2:15 – 3:30 AGE: 5-10

COST: \$ 100

we offer \$10 off to returning kids.



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:

- Short distance running
- Strength training
- Javelin
- Hurdles
- Leadership training
- Jumping training

In case of inclement weather one make up day will be provided.



JGF ACTIVE FOREVER!

**New Program Created By
Team Jadel Gregorio**

**Our Program has:
* Physical Therapist
with Samara Ghani**

SIGN UP

Registration: For registration information please contact Samara Ghani

Samarafisio13@gmail.com