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#### “TRACK RASCALS” PROGRAM

**for 2016**

##### INTRODUCTION TO TRACK & FIELD FOR 6, 7 and 8 YEAR OLDS

**JUMP!! RUN!! THROW!!**



###### TUESDAYS AND THURSDAYS, 4:15 – 5:15pm

###### BLUE HERON TRACK (at Parkland School), APRIL 5 – APRIL 28

REGISTRATION: PHONE – LESLEY FOSTER – 250-656-5660

Phone in to the Lesley your desire to register the Rascal by phone. Then come to the first session on April 5 at 3:45 to fill out registration form if not done before. Make sure athlete has warm clothing and running shoes

**Numbers may be limited so register early!!**

###### AGE LIMITS: ‘TRACK RASCALS’ MUST BE

**BORN IN 2008, 2009 OR 2010**

**THE REGISTRATION FEE OF $55.00 WILL INCLUDE BC ATHLETICS MEMBERSHIP**

**AND SPECIAL PROGRAM T-SHIRT**

EXPERIENCED COACHES WILL PROVIDE INSTRUCTION

**COME AND JOIN US!**

**TRACK IS FUN!!!**

**Contact: Lesley Foster 250-656-5660 or Florence Dingle, 250-656-3341**

**For further information see:** [**www.pentrack.org**](http://www.pentrack.org/)