

WHAT IS RUN CLUB?

Our mission is to promote running in children of all ages and abilities. To organize activities that help children with developing better self-esteem, while building opportunities that encourage independent running. **WE RUN BECAUSE WE CAN!**

HOW IS THE CHILDREN SUPERVISED?

I am the primary supervisor, however I would love parent volunteers to help be an extra set of eyes to help children should they fall or need extra assistance.

WHAT DOES A NORMAL RUN SESSION LOOK LIKE?

Most activities begin with dynamic stretches. These activities are led by upperclassmen (4th and 5th Graders). Run activities will follow and games will occur once a week. These activities allow children to interact and become more comfortable with school. I oversee most activities and most activities are from 7:30 a.m.-8:00 a.m...students enter school directly after run club.

Monday	Tuesday	Wed	Thursday	Friday
April-4	5	6	7 7:30-8:00 a.m. All ages	8 7:30-8:00 a.m. All ages
11	12	13	14 7:30-8:00 a.m. All ages	15 NO SCHOOL
18	19	20	21 7:30-8:00 a.m. All ages	22 7:30-8:00 a.m. All ages
25	26	27	28 7:30-8:00 a.m. All ages	29 7:30-8:00 a.m. All ages