



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

REGISTRATION Cross Country

In this eight week class participants will learn proper running technique while challenging themselves to knock off seconds on their time. Runners will learn proper breathing techniques, how to properly warm up and cool down, work on flexibility, and proper nutrition before and after competition. This class will meet twice a week on Tuesdays evenings and Saturday mornings. Practice will be held on the 5 star running trail, or otherwise will be communicated via schedules and emails. A race will be scheduled at the end of the class.

Program	Dates	Times	Ages	Fee	Registration	Staff
Cross Country	Tuesdays Start: September 3 rd	Tuesday 6:00 PM	6 to 14	50.00 M	Early registration Aug 1	Jules
	End: Saturday October 26 th	Saturday 9:00 AM		75.00 NM	\$5.00 late fee after first day	

Participants name(s): _____

Please circle child's group: Rookie 5-7 / Winner 8-12

Email (If provided updates related to the program including cancellations will be sent out):

Age: ____ Birth Date: _____ Grade: ____ Shirt Size (circle): YS YM YL AS AM AL AXL

Parent/Guardian Name(s): _____

Address: _____ City/State/Zip: _____

Phone: (H) _____ (C) _____ (W) _____

Emergency Contact and Phone #s: _____

How did you learn about this class (please circle one)

Flyer Friend E-mail Facebook Other _____

Amount Paid ____ Date Paid ____ Emp. Int. _____

Thank you for your interest in our programs

Justin Rechichar, Wellness Director

(724)834-0150 xt. 149 or j.rechichar@gbgymca.org