



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS RUN THIS TOWN!

MARATHON KIDS RUN CLUB

It's time to throw on your running shoes and join us for this year's Marathon Kids Run Club. This run club will meet twice a week with a focus on keeping kids moving through running and living a healthier lifestyle. Active kids=Active minds! Kids set their goals and track their progress on a journey to complete a marathon, or 26.2 miles, over the course of the season-with rewards along the way. Once kids complete a marathon, they will receive a *Nike Marathon Kids* shirt as their reward for this milestone.

We will also train to participate in various local running events so kids are able to compete and show their progress. During the program, local runners will be invited to talk about their running experience share tips and benefits of running! Lace up those running shoes, grab a friend and join us for the fun this summer!

- * **6 week season**
- * **Mileage tracking & awards**
- * **Local Running Events**
- * **Running games, relays, distance runs, track workouts, hill workouts, mile time-trial**

**If your child qualifies for FREE and Reduced lunches, you may qualify for financial assistance for YMCA Youth programs. Please ask our service desk for information about how we can help or use the coupon on the flyer. Our goal is to make sure every child has the opportunity to participate*

Dates:
June 4 – July 11
Registration Deadline: June 3

Days:
Tuesdays & Thursdays

Time:
9:00-10:00am

Ages:
8 years+

Fee:
Members: \$35 Non-Members: \$55



KEARNEY FAMILY YMCA
4500 6th Avenue
308.237.9622
www.kearneyymca.org



**MARATHON
KIDS**

NOTE: Registration for Youth Running Club does not include the registration fee for the local running events. We encourage parents or guardians to participate in these events with their child. Coaches will not be directly supervising youth during the races. Coaches will be running these runs and will meet with youth prior to event for warm-up and after event for cool-down.



YOUTH SPORTS PROGRAM COUPON

Students who qualify for Free or Reduced School Lunches can register for the Kearney Family YMCA Youth Program listed below at a reduced price by completing and returning this coupon at registration.

Take this coupon to your school office and have them sign below that you qualify for Free or Reduced School Lunches. Coupon must be turned in at time of registration to receive the discount.

Coupon not good for late fees or billing fees and cannot be combined with other discount.

50% off Marathon Kids Run Club June 4-July 11, 2019

"I am a school official and I certify that these children qualify"

School Staff Signature _____

Child's Name _____ Grade _____

Child's Name _____ Grade _____