



WILMINGTON FAMILY YMCA

STRIDE



PROGRAM FEE

Program Participants: \$75.00
YMCA Members \$65.00
10 Week Program (2 days a week)
Financial Assistance is available.
Individuals on free/reduced lunch automatically qualify

Season starts: February 27

Practices are held on: Tues/Thurs 3:30-5PM

- 10 weeks of curriculum based lessons
- Trained coaches
- Lesson materials
- Program T-shirt
- 5K Registration
- Race Medal
- Race Certificate
- Water Bottle

STRIDE is a fun fitness and running program for boys in the 3rd through 6th grade. This program runs for 10 weeks and concludes with a 5k. During those 10 weeks the boys have the chance to share their thoughts and opinions about various topics taught with the goal for helping develop excellent character.

SPACE IS LIMITED, FIRST 20 TO REGISTER ARE GUARANTEED A SPOT ON THE TEAM

SITE HEAD COACH

Alec Aguiar

BEST WAY TO CONTACT

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REGISTRATION ENDS

February 15, 2018 at MIDNIGHT!