

Mindess Running Club

Offered by Ashland Community Education



This class is for students in Grades 3, 4, & 5

Why run? Running strengthens the heart, lungs, and major muscles of the body! It is an important foundation for almost every sport! You don't need a lot of expensive equipment to participate! Everyone in the family can do it!

We will meet once a week to learn the fundamentals of running, like warming up, cooling down, stretching, pacing, good form, setting goals, and healthy eating - all while having FUN! No running experience is necessary, and all levels are welcome!
Students should wear comfortable clothes, athletic shoes, and bring a water bottle.

If your child is interested in getting some physical exercise but would prefer to walk and not run around the track, let us know below on the registration form.

Fridays, 7 sessions, 9/15 – 10/27/17 Mindess Track, 2:25-3:25 p.m.

Emily Reilly will be running this program.

There is no late bus on Fridays.

Fee: \$70, class is limited to 30 students. A lottery will be done if more than 30 students register. Registrations due by 9/12/17. No refunds unless a class is over-enrolled or cancelled.

Questions? Call or e-mail (508) 881-0143 or jyoung@ashland.k12.ma.us

For Community Ed. Policies see our website: www.ashland.k12.ma.us and click on Comm. Ed.

Keep top portion, cut and mail bottom portion with check.

Mindess Running Club Fall 2017 Fridays Mindess School Registration (Start 9/15-10/27/17)

**Clip and Mail with Check to: Ashland Community Education, 87 W. Union Street, Ashland, MA 01721
(Any questions call 508-881-0143)**

Make checks payable to: Ashland Community Education

Child's Name _____ Prefers to Run _____ Prefers to Walk _____

Parent's Name (s) _____

Child's Age _____ Grade _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____

Cell Phone _____ Email _____

Emergency Contact _____ Phone _____

Does child have any allergies or other limitations we should know about?

Fee _____ Pick-Up _____ Does your child attend EDP _____ Champions _____

I hereby release the sponsors, Town of Ashland, its employees, agents and officers from responsibility for any and all associated losses, injury or damage resulting from participation in this activity. I hereby give permission to use any pictures taken of my child during participation in any Ashland Community Education program event for media purposes.

Signature _____