



Power Speed Throws Training Fall Season Starting September 6th

The Saint John Track Club offers a fall program for 12 weeks from September 6th to October 25th

Ages 12+ A power speed throws training program geared for a range of ages. Open to anyone wanting to prepare for indoor track season events in fall and winter Lead by: Sue Ellis

<u>Day / Time</u>	<u>Location</u>
Monday & Thursday 5:30-6:30 pm	UNBSJ Canada Games Stadium

Online Registration below: Registration will close on September 15th

Registration must be done online at www.SJTC.ca ANB fees cover fall 2018 fees.

PROGRAM / ATHLETE GROUP FEES	Club Fee Per Season	Annual ANB (If not already paid)
Ages 12 +	\$60	\$50

For more info contact:

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