



Jumps Training Fall Season Starting September 6th

The Saint John Track Club offers a fall jumps development program for 6 weeks from September 6th to October 11th

Ages 12+ A jumps training program geared for a range of ages with a focus on high jump, long jump, triple jump and an introduction to pole vault. Open to anyone wanting to prepare for indoor track season events in fall and winter Lead by: Dave Thomas

<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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