



SPEEDLAB

GET YOUR FAST FASTER

WHAT IS SPEEDLAB?

Track & Field has produced the fastest athletes in the world in large part due to the expertise and study of speed and human movement by Track & Field Coaches. The Kajaks Track & Field Club SpeedLab program is designed to give athletes in other sports the tools needed to improve their speed on their respective field of play. No matter what the sport, the SpeedLab program will help you move fast and stay healthy in the process! [#KajaksSpeedLab](#)

WHEN & WHERE?

SPEEDLAB 1

FEB 05 – MAR 19, 2019
EVERY TUESDAY
6:30P – 7:45P
RICHMOND OLYMPIC OVAL
(INDOOR TRACK)

SPEEDLAB 2

APR 2 – MAY 7, 2019
EVERY TUESDAY
4:30P – 6:00P
CLEMENT TRACK
(MINORU PARK)

SPEEDLAB 3

MAY 14 – JUN 18, 2019
EVERY TUESDAY
4:30P – 6:00P
CLEMENT TRACK
(MINORU PARK)

WHO & HOW MUCH?

- The SpeedLab program is geared towards **GIRLS AND BOYS AGES 11-15 YEARS OLD.**
- The cost per SpeedLab is **\$150.00 (6 SESSIONS).** SpeedLab T-Shirt available for \$20.00.
- Visit WWW.KAJAKS.CA/PROGRAMS/SPEEDLAB for registration information.
- For questions please contact the Kajaks Track & Field Club at INFO@KAJAKS.CA.

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