

Indoor Programs

Irving Oil Field House
November 2, 2019 – March 20, 2020

Introductory Programs for children under age 12

- Fun programs for kids under age 12 to promote physical fitness.
- Strengthen fundamental skills of running, jumping and throwing.
- Programs are offered 2 times each fall/winter in November and January
 - Tiny Tots Programs run for 6 weeks
 - RJT Programs run for 8-10 weeks
 - Two sessions per week on Monday and Wednesday
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

Age Group	Program Name & Description	Competition options	When Offered	Sessions/w week Total Sessions	Cost / Program Include \$5 ANB Fee
Ages 4-6	T³ - Tiny Track Tots – Active Fun Games & Activities for active kids - ABC'S – Agility/Balance/Coordination/Speed - Games based programs for active kids	Fun club organized activities	Programs offered in Nov & Jan Monday & Wednesday 5 pm – 5:45 pm	2 programs of 6-week each with 12 sessions each	\$65
Ages 7-11	Run Jump Throw Level – Fundamentals skills of track & field Running, Jumping & Throwing - ABC'S – Agility/Balance/Coordination/Speed - Play based programs to introduce events - Emphasis is on fun, skill building and fitness. - Basic skills - warm up/stretching/cool down - Encouraged to participate in other sports	Competition is supported if youth show interest.	Programs offered in Nov & Jan Monday & Wednesday 5:30 pm – 6:30 pm	2 programs of 8-10-weeks each with about 20 sessions	\$65

Online Registration: www.trackiereg.com/SJIndoorPrograms

ANB fees cover all of 2020 including indoor track, outdoor track and cross-country seasons.

For Information contact:

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2019 - 2020 Indoor Track & Field Competitions

For most up to date schedule see www.anb.ca

November 23	Red & Black Open	Saint John, N.B.
December 21	Moncton Last Chance Meet	Moncton, N.B.
January 11	Moncton Open	Moncton, N.B.
January 18	Saint John Open	Saint John, N.B.
	Athletics Nova Scotia Open	Halifax, N.S.
January 31 - February 1	N.B. Indoor Championships & RJTW Series Meet	Saint John, N.B.
February 12	UNB/SJTC – Indoor Twilight Meet	Saint John, N.B.
February 20-21	Atlantic University Championships & Open (Ages 17+)	Saint John, N.B.
March 14-15	Atlantic Indoor Championships & RJTW Atlantics	Saint John, N.B.
March 14-15	Canadian Masters Indoor Championships	Saint John, N.B.
March 21-22	Hershey Canadian Indoor Championships	Montreal, Qc
March 20	SJTC Indoor End of Season Fun Meet	Saint John, N.B.

