

Indoor Programs

Irving Oil Field House
November 9, 2020 – March 28, 2021

Programs for Adults of all ages

- Training promote physical fitness and competitions.
- Gain access to indoor training facilities and a team training atmosphere
- Build endurance, develop speed, strength & mental skills
- Programs are offered three times during the year for 12-16 weeks
- Three sessions per week on Monday, Wednesday & Saturday
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

Program Name & Description	Times of year	Sessions/week Total Sessions	Cost / Program + ANB Fee	Provincial ANB Fee
Master's Track & Field Program – For adult athletes competing masters track & field events – Training for life for fun and fitness - Focus on specific preparation & more event specialization - Build endurance, develop speed, strength & mental development	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$160	+ Full \$57.50 Member fee – Paid once annually
Greater SJ Runners Club- Endurance Program for athletes competing in road running, triathlon or other endurance competitions comfortable with a group coaching environment. Goal is to build endurance, develop speed & strength.	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$160	
Walk/Jog for Fitness – Parent access to the track for training for fitness with no coaching provided. Only available during SJTC sessions	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$160	

Online Registration: [Indoor Programs](#)

ANB fees cover all of 2021 including indoor track, outdoor track and cross-country seasons.

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For more information go to www.sjtc.ca



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2020 - 2021 Indoor Track & Field Competitions

Each registration includes one prepaid event entry into the Highlighted Meets hosted by SJTC

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

November 21	Red & Black Open	Saint John
December 5	SJTC Fall Indoor	Saint John
December 19	Moncton Last Chance Meet	Moncton
January 9	Moncton Open	Moncton
January 29 – 30	N.B. Indoor Championships	Saint John
February 13	UNB/SJTC – Indoor Meet	Saint John
Additional meets will be added to the schedule later this fall		

