Run Jump Throw Wheel Halifax

Run Jump Throw Wheel is Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy.  Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

WHEN: Every Wednesday from 7pm to 830pm

May 17, 2023 to August 16, 2023 – NO SESSION ON JULY 19, 2023

Cost: $150 per participant

Where: Canada Games Centre – Halifax, NS

Ages: Under 12

Program is open to all abilities. If you require inclusive programming, please email athletics@sportnovascotia.ca