

ASEA Run Jump Throw

Session 1 of the ASEA Run Jump Throw program is **coming to a close**. Due to all instructors being at a competition there is no practice on Saturday January 17.

The final practices for session 1 will be Tuesday January 20 & Saturday January 24.

Session 2 will begin on **Saturday February 7**. Practices will be on Tuesdays, 5-6pm, and Saturdays 9- 10am. The dates for Session 2 will be :

Feb 7, 10, 14, 17, 24, 28

Mar 10, 14, 17, 21, 24, 31

Apr. 7, 11

Session 3 will begin in Mid-June. It will be held at the outdoor stadium.

Registration for both sessions 2 & 3 are on:

<https://www.trackie.com/club/asea-run-jump-throw-2026-registration/1032580/>