



MIFFLINBURG YMCA CENTER
STRIDE

Plans to begin!

A fun, character developing after school program for boys in 3rd to 5th grades!

Middleburg Elementary School

Tentative: 3:00-4:30pm twice per week



COACHES are needed in order to offer this valuable program.

Please contact Angela at 570-966-7273 for information about coaching.

STRIDE is a FUN and exciting fitness and running program for boys in 3rd to 5th grade. The program encourages boys to exhibit excellence in character in all aspects of their lives, make healthy choices, and build confidence by leading them with a curriculum that incorporates discussion, team building activities, games and fun running workouts that build endurance so the boys can successfully complete a 5k at the end of the season. Teams meet twice a week for 75 minutes, and are led by trained coaches. Throughout the program, the focus is on doing one's personal best, not competing with each other. The boys learn the importance of making good decisions, being a good friend, working as a team, setting goals and working to achieve them.

The 10 week program starts Mid-September and runs through early December.

The culminating event of the fall season is the **YMCA STRIDE 5K Challenge** which will be announced. Completing the 5k gives the boys a great sense of achievement as well as a framework for setting and achieving their goals.

Registration opens mid-September...

Generous support is needed by local businesses to keep the registration fee at an affordable rate.

- **Registration fee \$65 (pending local support)**
- **Reduced Registration Fee** 50% off, if you qualify for Free & Reduced Lunch program. Proof of qualification required. (Copy of acceptance letter for free & reduced lunch program.)
- FINANCIAL ASSISTANCE IS AVAILABLE – Apply at your Y branch **PRIOR** to registration.
- Team size is limited to 15 boys, and registration is first-come, first-served.

Mifflinburg YMCA Center, 333 East Chestnut St., Mifflinburg PA 17844
For more information, please call Angela at 570 966 7273.