

GET OFF TO A GREAT START IN TRACK & FIELD AND CROSS COUNTRY!



Wyckoff Family YMCA Running Camps and Clinics

Train with Joel Pasternack, renowned area high school track coach and veteran long distance runner, to develop your skills in track & field and distance/cross country running.

NEW! Track and Field Camp for Grades 3-5, 6-8

August 9-20, 9am-4pm Mon-Fri

Gain speed, strength, and condition your body for all kinds of track and field events. Before and After-Camp care available from 7:30am-6pm. Includes all the fun of Camp Wydaca—special event days, all camp trip, Fun Friday and much more!

Full Members: \$575 Basic Members: \$635

Cross Country Clinic for Grades 1-8

Begins Week of September 13 (7 weeks) Tuesdays and Thursdays from 4-5pm

Introduction and conditioning for cross country and other endurance sports. Includes stretching, running drills, and specific weight training. Proper training techniques will be emphasized. Clinic to be held at Wyckoff Community Park.

Full Members: \$100 Basic Members: \$130

Intro to Track & Field Skills & Conditioning for Grades 3-8

Begins week of November 15 (7 weeks) Mondays and Wednesdays from 7-8pm

Drills and techniques for various track and field events will be explored as well as the proper stretching, light weight lifting, and conditioning strategies for success during the indoor winter season and on into the spring.

Full Members: \$100 Basic Members: \$130



**PROFESSIONAL TRAINING, FRIENDLY ATMOSPHERE!
ONLY AT THE WYCKOFF YMCA!**

Register in person at the Wyckoff Family YMCA. Questions? Call Joel at 973-773-2082
Not a school sponsored program; not necessarily endorsed by the Board of Education.



Wyckoff Family YMCA, 691 Wyckoff Avenue, Wyckoff, NJ 07481 201-891-2081 www.wyckoffymca.org