



## JOIN THE RUNFIT KIDZ TEAM!

The Willow Springs Elementary PTA is proud to offer RunFit Kidz this spring. RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

**Registration opens Monday, February 16 at 8 AM!**

### Class will be offered:

Wednesday BEFORE-School: 7:45AM-9AM starting March 18-May 13  
Wednesday AFTER school 4PM-5:15PM starting March 4-May 13  
**THERE WILL BE NO AFTERNOON CLASSES ON EARLY RELEASE DAYS**

*No class during spring break.*

- Grades 1<sup>st</sup> – 6<sup>th</sup>
- Certified Professional Coaching provided.
- Instruction on running mechanics, strength training, nutrition, pacing, and goal setting
- Participants build self-esteem, confidence, and determination.
  - Celebration 5K: Sunday, May 17th at Fairfax Corner

**Registration Fee:** \$129 per participant (*this includes the 5K and processing fees*)

**Registration Includes** Professional coaching, T-shirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal, and Post-Run Party.

**Register opens at 8AM on February 16.**

<https://www.prtrainingprograms.com/runfit-kidz/>



## JOIN THE RUNFIT KIDZ TEAM!

The Willow Springs Elementary PTA is proud to offer RunFit Kidz this spring. RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

**Registration opens Monday, February 16 at 8AM!**

### Class will be offered:

Thursday BEFORE School: 7:45AM-9AM starting March 18-May 13  
Wednesday AFTER school 4PM-5:15PM starting March 4-May 13  
**THERE WILL BE NO AFTERNOON CLASSES ON EARLY RELEASE DAYS**

*No class during spring break.*

- Grades 1<sup>st</sup> – 6<sup>th</sup>
- Certified Professional Coaching provided.
- Instruction on running mechanics, strength training, nutrition, pacing, and goal setting
- Participants build self-esteem, confidence, and determination.
  - Celebration 5K: Sunday, May 17 at Fairfax Corner

**Registration Fee:** \$129 per participant (*this includes the 5K and processing fees*)

**Registration Includes** Professional coaching, T-shirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal, and Post-Run Party.

**Registration opens at 8AM on February 16.**

<https://www.prtrainingprograms.com/runfit-kidz/>