

Run and Fun! RUNNING CAMP



Come join us for a week of running and fun! This program is designed to introduce kids 9-14 years old to different track and field running events, or help improve experienced runners' overall running abilities. Open to individuals of all levels, this camp will include sessions on goal setting, nutrition, mental approach to sport, and more!

Two sessions available

June 23rd – June 27th

July 21st – July 25th

Time

Monday – Friday

8:30am – 11:30am

Location

San Luis Obispo High
School Track

Price

\$200



This running camp will be led by Laura Hollander, former Cal Poly Cross Country and Track and Field Student-Athlete and former College Cross Country/Track Coach

Visit www.ciymca.org/summer-camp to register



Scan QR
Code to
Register
Now!



SLO COUNTY YMCA

1020 Southwood Dr. San Luis Obispo, CA 93401 • (805)543-8235 • sloymca.org