



Track and Field Program

Where: University of Winnipeg Rec Plex

Dates: Tuesday + Thursday

Time: 5:30-7:00PM

Cost: Free!!

Starting October 5th!

Transportation available upon request

What is it?

Athletics Manitoba is creating a track and field program within the downtown area.

This 10 week program will give interested individuals the opportunity to learn more about the sport of Track and Field.

Certified coaches will help participants learn proper form and give them personal workout plans to help them reach their potential.

Why Track and Field?

Track and Field teaches the basic movement skills needed to excel in all physical activity.

Learning the fundamentals of running, jumping, and throwing, will have a lasting impact on an athletes development.

Contact Information

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