



RunJumpThrow

athletics canada

R.A STEEN COMMUNITY CLUB



Ages: 6– 12

Dates:

Monday July 9– Friday July 13th
9:00am—12:00pm

Location:

780 Palmerston Avenue

Fee:

\$50 a week OR
\$15 for a day

Run, Jump, Throw (RJT) is Athletics Canada's and Athletics Manitoba's official **grassroots program** of physical activity for children and youth ages 6-12.

-Skills of Running, Jumping and Throwing in age appropriate sequential progressions

-FUN and ACTIVE learning environment



Deondra Twerdun AthleticsMb
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