



# runjumpthrow

athletics canada

**ASSINIBOINE PARK**



**Ages: 6- 12**

**Dates:**

Monday July 2- Friday July 6th  
9:00am—12:00pm

**Location:**

Assiniboine Park

**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



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