

Wildcat Youth Running Club

With Instructor Michele Fortuna

2nd-6th graders in the Mayfield School District

Mondays & Wednesdays

April 10, 2023 - May 24, 2023

6:00-7:00 P

At Mayfield High School/Parkview Recreation Area

Cost: \$65

(2nd-6th gr. in Mayfield School District). Running can be done anytime and anywhere without a court, a pool, a ball, or a team. Running does not only help the physical body, it helps improve mental health as well. Michele Fortuna, a Mayfield School teacher and former track coach created this program to introduce the sport of running in a non-competitive environment. All classes will have a warm-up, group runs and end with stretching and cool-down. This program is instructional with an emphasis on learning the fundamentals and being active. Instructor: Michele Fortuna.

Registration Deadline: 4/3



Mayfield Village Parks & Recreation Department
Register online at: mayfieldvillage.activityreg.com
4440.461.5163