



EAST FALLS RUNNING CLUB

A LOWER SCHOOL RUNNING CLUB FOR KIDS

MOTIVATING KIDS TO BE ACTIVE

WHERE: WILLIAM PENN CHARTER SCHOOL'S FRONT FIELD

WHEN: 9/12 - 10/8 TUESDAYS AT 6:00PM AND SUNDAYS AT 11:00AM, WORKOUTS LAST ONE HOUR

COACHES: RENEE SKELLY & BRYAN SKELLY

EMAIL BSKELLY@PENNCHARTER.COM FOR INFORMATION



PRACTICES INCLUDE:

FUNDAMENTAL MOVEMENTS SKILLS

INTRO TO DYNAMIC STRETCHING

FUN WITH SPEED LADDER

FUN RUNS & RACES WITH PRIZES

FITNESS FUN GAMES

EASTFALLSRUNNINGCLUB.COM