



FALL 2017 SEASON

A fun, character developing after school program
for boys in 3rd to 5th grades!

New Hope Elementary School STRIDE Team

STRIDE is a fun and exciting fitness and running program for boys in 3rd to 5th grade. The program encourages boys to exhibit excellence in character in all aspects of their lives, make healthy choices and build confidence by leading them with curriculum that incorporates discussion, team building activities, games and fun running workouts that build endurance so the boys can successfully complete a 5K at the end of the season. The team meets twice a week for 75 minutes and is lead by trained coaches. Throughout the program, the focus is on doing one's personal best, not competing with each other. The boys learn the importance of making good decisions, being a good friend, working as a team, setting goals and working to achieve them.

The 10 week program starts the week of September 11 and ends the week of November 13. The culminating event of the fall season is the Robin Run 5K to be held Saturday, November 11. Completing the 5K gives the boys a great sense of accomplishment as well as a framework for setting and achieving their goals.

Fall Registration Instructions:

Registration opens: Monday, August 28, 2017

Deadline to Register: Wednesday, September 20, 2017

Register at: Wilson Family YMCA
3436 Airport Boulevard
Wilson, NC 27896

Fee: \$120/Sibling Rate \$90

Meetings: Wednesday & Thursday
3:15pm-4:30pm

Contacts: David Caudle, dcaudle@wilsonymca.org
(252) 291-9622
Coach: Mary Margaret Radford



WILSON FAMILY YMCA

STRIDE

Find us on 



Wilson Family YMCA
3436 Airport Blvd., Wilson, NC 27896
(252) 291-9622 • www.wilsonymca.org