



WILSON FAMILY YMCA

STRIDE

REGISTER NOW!

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 March 6 and ends the week of May 15. The culminating event of the Spring season is a 5K to be held Saturday, May 20. Completing the 5K gives the boys a great sense of accomplishment as well as a framework for setting and achieving their goals.

Registration Instructions:

Registration opens: Monday, February 6, 2017

Deadline to Register: Friday, March 10, 2017

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

Fee: \$120/\$90 Sibling rate
Scholarships Available

Meetings: Tuesday & Thursday Afternoons
3:00 pm - 4:30 pm

Contacts: David Caudle
dcaudle@wilsonymca.org
(252) 291-9622



**REGISTRATION FORMS ARE AVAILABLE IN
THE FRONT OFFICE. COME JOIN THE FUN!**

**Wilson Family YMCA
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