



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THINKING ABOUT RUNNING A 5K? DON'T KNOW WHERE TO START? COUCH TO 5K

INFORMATIONAL MEETING

WHEN: Tuesday, April 17 at 5:30 p.m.

WHERE: Yoga Room, YMCA at 62 Turner St



OFFICIAL TRAINING BEGINS

WHEN: April 24 – June 7

Tues & Thurs, 5:30-6:30 p.m.

WHERE: Festival Plaza

132 Main Street, Auburn

FEES

Adult Y Member: \$35.00

Adult Y Non-Member: \$50.00

Children 8+: Free with Adult Reg

Children 8+ run free with an adult registration. This is not a drop-off program. We ask that parents attend each session with their children.

SAVE

Bring proof of registration for 2018 Y Fit Fest and receive \$5.00 off!

Y FIT FEST

June 10, 2018

This 8 week program gets your body moving while working toward the goal of being able to complete a 5k (3.1 mi). Participants receive a training plan and log, and will be coached on proper warm-up, cool-down, and basic nutrition. With a training target of completing the YMCA Fit Fest on Sunday, June 10, this program will prepare you to join the millions of Americans who use running as a way to get and stay in shape.

Bring the kids, too! The Couch to 5K program is partnered with Kids Run the Nation, a national organization that prepares children 8 and up to participate in running events.

Contact Marcie Hird at mhird@alymca.org for more information.

