

# FAST KIDZ

**Youth running class!**

**Recommended for incoming 4th — 9th Grade Girls/Boys**  
*but there are exceptions!*



@Fast\_kidz\_dbq



@Fastkidz

## Includes Functional Fitness!

**Tuesdays and Thursdays, 8:00-9:00am**

**Summer 2024**

**June 25th – July 11<sup>th</sup> (no class Thursday, July 4<sup>th</sup>)**

**(\*\*\*\*\*No make ups for inclement weather\*\*\*\*\*)**

**Tuesdays meet at Flora park by the softball fields**

**Thursdays meet @ Wahlert HS track**

**\$40 for 3 weeks; \$10 drop in/session**

## Meet the Coach...



## Pam Connolly

Pam has been running for over 20 years. She has raced distances from the mile up to 100 miles. She also participates in triathlons, including Ironman Wisconsin and Lake Placid. Pam earned her running coach certification through the American Sports and Fitness Association, and also coaches adults.

Come learn or further your knowledge about the great sport of running! Focus will be on proper form, agility, mobility, balance, power, and of course the speed needed for running everything from the 100-meter dash to the 5k. ALL ABILITIES WELCOME. **Please make sure your child wears proper attire and brings a bottle of water. IF YOU ANY HAVE QUESTIONS CALL: PAM (563) 543-7154.**

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