

Running Start Homeschool Fitness

2017/2018 Schedule

Running Start is a program for kids of all fitness levels. It is designed to get kids moving and promote health and wellness. Participation helps kids build their self-esteem, and learn to make and reach personal goals. Over the course of the program, children in Running Start will use a variety of activities and games to set goals to run and/or walk a certain distance, practice drills, and do strength training to become a better athlete.

LAWNDALE BAPTIST CHURCH (CLC)
3505 LAWNDALE DR.
GREENSBORO, NC 27408

*EVERY MONDAY, THERE WILL BE A TOTAL
OF 24 CLASSES.
FROM 1 P.M. – 2 P.M.*

BEGINNING MONDAY,
AUGUST 14TH, 21ST, & 28TH
SEPTEMBER 11TH, 18TH
OCTOBER 2ND, 9TH, 16TH, 23RD
NOVEMBER 6TH & 13TH
JANUARY 22ND, & 29TH
FEBRUARY 5TH, 12TH, 19TH, 26TH
MARCH 5TH, 12TH, 19TH, 26TH
APRIL 9TH, 16TH, 23RD

***DATES MAY BE SUBJECT TO CHANGE.

COST:

- REGISTRATION FEE - \$15
 - PER FAMILY
 - PAYABLE TO LAWNDALE BAPTIST CHURCH
 - NONREFUNDABLE
- CLASS FEE –
 - \$100
 - PER CHILD
 - PAYABLE TO EMILY BOLES



AGE RANGE: 1ST – 5TH GRADERS

COACH: EMILY BOLES HAS AN UNDERGRADUATE DEGREE IN NUTRITION AND A MASTERS IN SPORTS STUDIES. SHE HAS WORKED AT OFF 'N RUNNING/FLEET FEET SINCE 2008. SHE IS USATF CERTIFIED LEVEL 1, HAS BEEN RUNNING SINCE 7TH GRADE, AND WAS A DIVISION 1 COLLEGIATE ATHLETE.

COACH: REBEKAH JOHNSON HAS WORKED WITH CHILDREN IN A VARIETY OF SETTINGS. SHE HAS HER UNDERGRADUATE IN PSYCHOLOGY. SHE HAS BEEN AN ACTIVE RUNNER FOR TEN YEARS AND IS CURRENTLY HOMESCHOOLING HER TWO BOYS.

EMILY AND REBEKAH CURRENTLY CO-COACH THE GREENSBORO GLADIATORS HOMESCHOOL CROSS COUNTRY TEAM FOR MIDDLE & HIGH SCHOOLERS.

REGISTER WITH REBEKAH JOHNSON BY SENDING PAYMENT AND REGISTRATION FORM TO:

- P.O. Box 39171
GREENSBORO, NC 27438
- PLEASE CONTACT REBEKAH WITH QUESTIONS AT (336) 209-8994 OR AT SHAWNANDBEKKA@NETZERO.COM

Registration Form

Name: _____

Age: _____ Birth Date: _____ Gender: _____

Parent's Name: _____

Phone Number: _____

Email: _____

Emergency Contact Person: _____

Phone Number: _____

Additional Information/Comments: _____
