

LEARN IT.

LOVE IT.

LIVE IT.



# SMILES 4 MILES at Candlewood

## GET YOUR FITNESS ON!

**Sponsored by the Candlewood PTA!**

Students will learn proper running technique and work towards achieving distance goals while having fun through confidence-building drills and games. Activities will include footwork agility, relays, rainbow tag, flag tag, cat and mouse, scarf race, and many more as we run 4 fun!



.....  
**All runners receive a  
free T-Shirt!**  
.....

**Grades:** K-3

**Class Time:** 3:40-4:40pm

**Location:** Gym

**Dates:** April 10, 24, May 1, 8, 15, 22, 29

*Register \$77*

[jstathletics.org/register](http://jstathletics.org/register) (Registration ends Apr 3)