



Youth Running Clinic



**Check out Instructor Brock
Silvestri's bio online at
nextlevelrunningnj.com**

This weekly open running group is designed for young athletes ages 7 to 14. This program would introduce athletes to proper form running, improving fitness, technique, running knowledge all while having fun!

Location: Gille Park (Meet at the Pavilion)

Instructor: Brock Silvestri, Director & Head Coach of Next Level Running

Dates: Sundays, April 16, 23, 30, May 7, 14, 21, June 4, 11, 18, 25

No Class: May 28, Memorial Day Weekend

Time: 11:30 am to 12:30 pm

Fee: \$120.00 per participant



Please make sure to bring plenty of water and wear comfortable sneakers each week.

For more information contact the Recreation Department at 609 693-1100 ext 2203. You can register in person at the Recreation Department (located directly behind the Lacey Police Department)