



10 Sessions
June 30th – July 28th

Ages 7-9: Sunday, 2:00pm– 2:50 pm
Wednesday, 6:00pm – 6:50pm

Ages 10-12: Sunday, 3:00pm– 3:50 pm
Wednesday, 7:00pm – 7:50pm

**Get Active,
Get Healthy,
Have *FUN!***

*while developing the
FUNdamental skills of track
and field!*



Newfoundland and Labrador
Athletics Association

At the NL Sport Center
100 Crosbie Road

\$60 for 6+ sessions + a FREE T-Shirt
or
\$10 per session, up to 6 sessions
+ \$10 for a T-Shirt (optional)

Upon Completion of the program,
participants will receive their own
Run-Jump-Throw Certificate

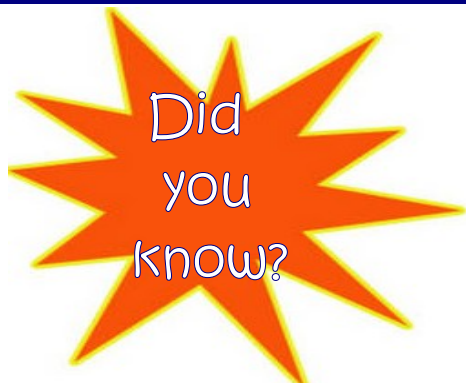
Remember to bring:
water, sneakers and
comfortable clothing



Space is limited, so register TODAY!
<http://www.nlaa.ca/rjt>

Contact Jennifer Brown at
phone : (709)-576-1303
email: nlaaoffice@gmail.com





Did you know?



The critical time period occurring before the age of 12 promotes motor skill development; if ignored, the child's athletic potential may be limited!

Run-Jump-Throw is a gender-equitable program promoting
-lifetime physical fitness
-emotional well-being
-and health

Activities include:



Run-Jump-Throw is a program developed by Athletics Canada for children ages 7-12.

- 1) RUNNINGSprinting ..June 30th
- 2) JUMPINGLong Jump.....July 4th
- 3) THROWING ... Shot put-.... July 7th
- 4) RUNNING..... Starting July 11th
- 5) JUMPING High Jump...July 14th
- 6) THROWINGDiscus July 18^h
- 7) RUNNING Hurdles .. July 21st
- 8) JUMPINGTriple Jump...July 25th
- 9) THROWINGJavelinJuly 28th
- 10) RUNNING Relays Aug 1st

It focuses on the development of the age-appropriate **FUNdamental** skills of Track and Field that provide a foundation for all land-based sports.



through an environment that is

- fun*
- active*
- positive*
- safe*
- inclusive*

and is beneficial and adaptive to ALL children/youth, including those with disabilities.



For a demonstration of the connection between the RJT program and all land-based sports, please watch the "Athletics for Life" video on <http://www.nlaa.ca/rjt>

