



UAHLP-KIDS RUNNING CLUB

Instructor: Scottie Paul (Personal Trainer,
Former Professional Boxer)

When: Every Tuesday starting Sept.20,2016

Time: 430pm-530pm

Place: Oaks Park

5700 Morrison Street, Niagara Falls, Ontario

**Goal: Learn the proper techniques of running and
prepare for community run in November!!**

**AGES 6-15YRS, PARENTS/GUARDIAN AND
FAMILY MEMBERS ARE WELCOME TO JOIN AS
WE WILL ACCOMPLISH A GOAL TOGETHER!!!**

Bring your own water bottle!!!!

Positive Attitude, Energy and a Good Mind

Contact: Blue Hill 905-688-6484 or Email

uahlkids@nrnc.ca

Transportation is LIMITED!!!!!!!