



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO RUN SERIES

LEARN TO RUN Trails and Tails 5k Training Program

Start your training on the right foot with a run at the Y! During this eight week course, you will progress from walking to running as our instructor teaches you basic running skills. Our class will be an out-and-back on the rail trail.

- All running paces welcome.
- **FREE** to members and **ONLY \$20** for non-members.
- Register online or at the membership desk.



Class Info:

We will meet in the foyer
at 8:00 a.m.

Our class will be an
out-and-back at Ketterman Park.

WHEN: Saturdays, March 7 - April 25,
2020

TIME: 8:00 a.m.

LOCATION: BOB HOFFMAN BRANCH YMCA
1705 PALOMINO ROAD
DOVER, PA 17315

Trails and Tails 5k details online at
<http://yorkcoymca.org/events/trailsandtails/>