



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN FOR THE TROT

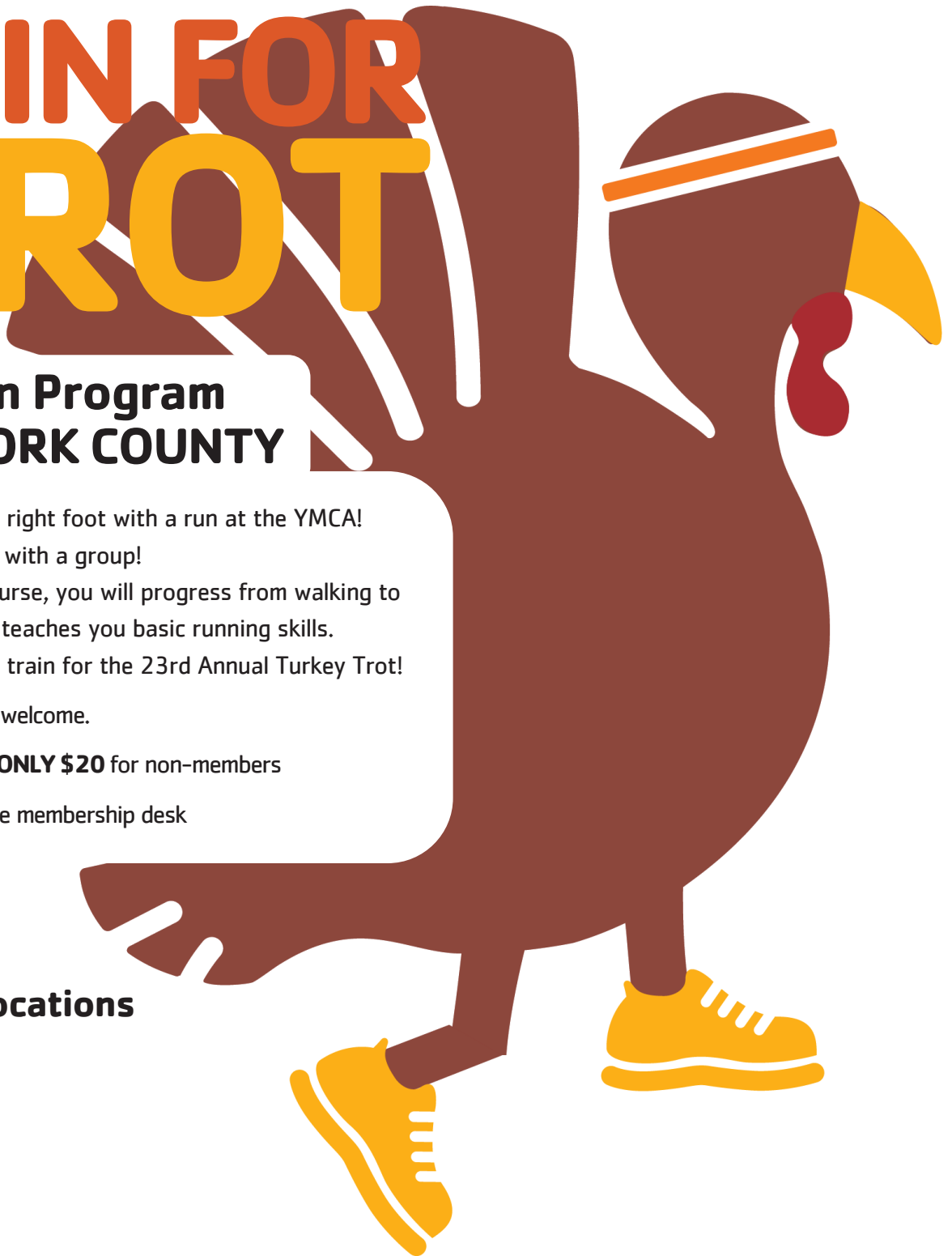
Learn to Run Program YMCA OF YORK COUNTY

Start your training on the right foot with a run at the YMCA!
Get motivated by running with a group!
During this eight week course, you will progress from walking to running as our instructor teaches you basic running skills.
This is the perfect way to train for the 23rd Annual Turkey Trot!

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

SEE PAGE 2
For times and locations

Turkey Trot 5K Learn to Run details online at <http://yorkcoymca.org/learn-to-run/>





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SATURDAYS

October 5 – November 23, 2019

8:00 a.m. – 9:00 a.m.

BOB HOFFMAN BRANCH YMCA

1705 Palomino Rd.
Dover, PA 17315
717-292-5622

MONDAYS

October 7 – November 25 2019

6:00 – 7:00 p.m.

YORK BRANCH YMCA

90 N. Newberry Street
York, PA 17401
717-843-7884

October 14 – November 23, 2019

WEDNESDAYS

4:00 – 4:45 p.m.

SATURDAYS

7:00 – 7:45 a.m.

SOUTHERN BRANCH YMCA

100 Constitution Avenue
PO Box 263
Shrewsbury, PA 17361
717-235-0446