CBPA RUN CLUB

Run and have fun in the Champlin-Brooklyn Park Academy Run Club. Learn the importance of stretching and participate in conditioning drills that will keep you in shape and healthy. The topics of flexibility, nutrition and hydration will also be covered.

WHO:  Grade 1-5

WHEN:  Wednesdays
        April 22, 29, May 6, 13, 20
        4-5 p.m.

WHERE:  Champlin-Brooklyn Park Academy
         Rebel Gym 1

COST:  $29 (includes Run Club t-shirt)

Dress for the weather. Bring running shoes and a water bottle each day.

Register online at www.discovercommunityed.com or complete and drop off a separate form and payment for each class location.

FOR QUESTIONS CONTACT:
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Champlin, MN

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