



EXPLORE. ENJOY.

# C.A.R.A. Summer TRACK



Introduction to and development of skills in running (sprinting and long distance), jumping, and throwing. Perfect your technique and running form, while improving your speed, distance and endurance in a recreational environment using games, drills and fun! No experience necessary!

Optional Saturday meets with other metro area team members of the Colorado Association of Recreational Athletics (CARA).

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[Newton Middle School](#) (4001 E. Arapahoe Rd., Centennial 80122)

June 5 – July 20, 2017

Boys and Girls, ages 5-15

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## **Two Sessions Available!**

Mondays & Wednesdays from 9-10:30am

Tuesday & Thursdays from 6-7 pm

\$84 District Youth; \$96 Nondistrict Youth

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**[Register Online Today!](#)**

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