



Middle School Running

Who: Boys and Girls, Grades 6-8

What: *Learn to run a 5K!*

Join a group of Arlington teachers who have years of running experience and learn to run in a non-competitive atmosphere. During this 6-week program, students will build their confidence, as well as their physical and mental endurance. No experience necessary! We will wrap up the course by running a 5K event together in November.

When: Mondays and Wednesdays from 2:45 - 4:00
October 15 -November 19 (6 weeks)

Where: Students should change in the bathrooms in the main lobby and then meet in the Music Room (215).

Fee: \$75 (+\$5 registration fee) Scholarships are available for those in need of assistance, please call our office at 781-316-3568.

Register online through **Arlington Community Education:**

www.arlingtoncommunityed.org