



## Kajaks Track Rascals – Summer 2023

Our summer camp for athletes ages 6-8 registration is open!

Track Rascals run at Clement Track & Collier Throws Centre in Minoru Park. Park address is: 7191 Granville Ave, Richmond

Here's what you need to know:

Dates: July 5<sup>th</sup> to July 31

Days: Each Monday & Wednesday

Times: 5:30pm-6:45pm

Fee: \$200

Online registration is at this link: <https://www.trackie.com/event/2023-kajaks-track-rascals-summer/1000277/>

Our fun program is coached by trained Run Jump Throw Wheel Kajaks Coaches in small groups to ensure all athletes have supervision and support.

Young athletes learn the basics of running, jumping and throwing to develop physical literacy skills in a super-fun, nurturing environment.

Run Jump Throw Wheel and club based Track Rascals programs form the FUNdamentals stage of development. Participating in these fun games and skill developing activities helps to build physical literacy, and inclusive delivery environments offer a start line to life-long participation!

Let's get your athlete on-track!

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