



The Aquatic Center & Track Complex at Mylan Park

Track Clinics

Sundays Mar. 20th - May 8th

from 12:45 p.m. - 2 p.m.

Learn track and field skills in a welcoming and exciting environment at The Aquatic Center & Track and Field Complex.

Enroll in our track clinics and learn about running, sprinting, jumping, throwing, relays and endurance. Our track clinics will begin with stretching and conditioning exercises to develop proper techniques and avoid injuries. Participants will engage in both individual and team exercises to promote fitness and teamwork. Registration is open until 4/3/2022.

This program is for children 5-14 years of age. Children will be placed into groups by age and rotate through track & field stations.

\$97.50
non-members

\$75
members

