



**BOYS  
& GIRLS  
GRADES  
4-8**

# **RECREATION CROSS COUNTRY TRACK PROGRAM**

## **Our Program:**

Test your skills on a recreational level in the Suburban Cross Country League. Learn the basic skills of off track running during the fall season to help build endurance and self esteem. Participants will practice twice a week at Nishuane Park and compete locally in neighboring towns each week

## **Start Time**

Program will meet at Nishuane Park  
Mondays & Wednesdays starting  
September 8 at 5:30pm

## **Registration:**

[www.communitypass.net](http://www.communitypass.net)  
or at the Recreation Office 205 Claremont Ave  
Monday-Friday 8:30am-4:30pm

**FEE:  
100.00**

**REGISTRATION  
OPENS  
AUG 1, 2025**

**SPACE IS  
LIMITED!**

**VOLUNTEER  
COACHES  
NEEDED**