



Dino's Track and Field Youth Programs 2020-21



JUNIOR HIGH INTRO TO TRACK AND FIELD

With the emphasis being on fun and fundamentals, this Track and Field Program introduces basic athletic skills of running, jumping and throwing. Participants will be exposed to a variety of experiences that will enhance their athleticism and provide a solid basic development for future specialization in any sport. Programs are specifically developed around junior-high-aged children, with a hope for continued participation in the sport of Track and Field. There will be some competition opportunities offered as part of the program. For more specific information contact: 220-2479.

FALL

Ages 11-14 years
October 17 – December 19
Sat 9:00am–10:30am
Cost: **\$220**

WINTER TBD

Ages 11-14 years
January 16 – April 3
Sat 9:00am–10:30am
Cost: **\$220**

SPRING TBD

Ages 11-14 years
April 10 – June 26
Sat 9:00am–10:30am
Cost: **\$220**

ELEMENTARY INTRO TO TRACK AND FIELD

With the emphasis being on fun and fundamentals, this Track and Field Program introduces basic athletic skills of running, jumping and throwing. Participants will be exposed to a variety of experiences that will enhance their athleticism and provide a solid basic development for future specialization. Programs are specifically developed around elementary-school-aged children. There will be some competition opportunities offered as part of the program. For more specific information contact: 220-2479.

FALL

Ages 7-11 years
October 17 – December 19
Sat 10:45am - 11:45pm
Sat 12:00pm – 1:00pm
Cost: **\$170**

WINTER TBD

Ages 7-11 years
January 16 – April 3
Sat 10:45am - 11:45pm
Sat 12:00pm – 1:00pm
Cost: **\$170**

SPRING TBD

Ages 7-11 years
April 10 – June 26
Sat 10:45am - 11:45pm
Sat 12:00pm – 1:00pm
Cost: **\$170**

INTERMEDIATE TRACK AND FIELD

This program is organized as an extension of the Junior High Introduction to Track and Field Program and competition opportunities will be encouraged. The emphasis will continue to be on fun and fundamentals. The Track and Field Program will reinforce basic athletic skills of running, jumping and throwing. Basic technical models will be refined to enhance success in track and field competition. Programs are specifically developed around junior-high-aged children, with a hope for continued participation in the sport of Track and Field.

For more specific information contact: 220-2479.

FALL

Ages 12-15 years
October 24- December 17
Tue & Thu
6:30pm-8:00pm
Cost: **\$270**

WINTER TBD

Ages 12-15 years
January 14 – March 30
Tue & Thu
6:30pm-8:00pm
Cost: **\$270**

SPRING TBD

Ages 12-15 years
April 13 – June 24
Tue & Thu
6:30pm-8:00pm
Cost: **\$270**

Registration: Campus Recreation, University of Calgary

Registration: 220-7749

Information: 220-2479

Website: https://www.ucalgary.ca/ActiveLiving/registration/Program/1554?path=All_Track-And-Field