

- TRAIN WITH US FOR THE -



Join us as we prepare for the Southeast Volusia Y 5K Run/Walk on Saturday, April 22. This six-week training program will teach beginner and experienced runners how to train for a 5K while learning the proper running techniques.

DATES: March 13 - April 20

Tuesdays and Thursdays 5:30 - 6:30pm

**RATES: Members \$49 | Community Participants \$69
(5k entry not included)**

AGES: 13 and up

FOR MORE INFORMATION:

**Please contact Ashley Stein at astein@vfymca.org,
call 386-409-9622 or visit the Membership Desk**

REGISTRATION:

February 20 - March 13 at the Membership Desk

SOUTHEAST VOLUSIA FAMILY YMCA

148 West Turgot Avenue, Edgewater, FL 32132 | P 386.409.9622 | F 386.428.8033 | vfymca.org

TOGETHER WE CAN BUILD A BETTER US