

MIDDLETOWN



Recreation



"Commitment to Community"

The Middletown Recreation Department and Middletown High School's Track & Field Team are collaborating to host a Track & Field Clinic

Your child will have the opportunity to participate in age appropriate events such as: sprints, middle distance, long distance, hurdles, relays, high jump, long jump, triple jump, pole vault, discus, shot put, javelin and hammer throw.

This 1 month, 9 session program will prepare your child to run the the Junior Classic held on Saturday, June 3rd, 2017 and/or the Classic 5K race held on Sunday, June 4th, 2017. It also prepares your child to try-out and compete at the Junior Olympics with the M-City Speed Team.

Dates: Mondays & Wednesdays during the month of May (No Clinic Monday, May 29th)

Time: 5:30pm - 6:30pm

Place: Middletown High School Sports Complex 30 Gardner Ave. Ext., Middletown, NY 10940

Grades: Kindergarten - 12th Graders

Cost: \$40.00 per child for Middletown Residents, \$60.00 for Non-Middletown

For more information contact the Recreation Dept. at (845)346-4180

Name _____ Grade _____ Phone # _____

Address _____ Parent/Guardians Name _____

X _____

Signature of Parent or Guardian certifies that the named child above is in good physical condition and has my permission to participate in the Track & Field Clinic.

I wish to receive e-mails about programs and activities from the Middletown Recreation & Parks Dept. Write e-mail below.

_____ @ _____

Mail Forms and Checks to: Middletown Recreation Dept., 47 Academy Ave., Middletown, NY 10940
Make checks payable to Middletown Recreation & Parks Dept.