

KIDS RUNNING CLUB

PLEASANT HILL

DAY: MONDAYS

TIME: 5:30PM-6:15PM

LOCATION: HICKORY GLEN PARK
IN PLEASANT HILL

AGES: 4-8 YEARS OLD



This program is designed to get your child interested in running, fitness, and being healthy!

The Pleasant Hill Kids Running Club is non-competitive, inclusive and a great way to build your child's confidence and meet new friends.

Kids will learn the fundamentals of running, stretching, and nutrition basics in an outdoor, game-centered, FUN environment!

Register at:
www.pleasanthilliowa.org/register

