



Indoor Programs

Irving Oil Field House
November 9, 2020 – March 28, 2021

Introductory Programs for children under age 12

- Fun programs for kids under age 12 to promote physical fitness.
- Strengthen fundamental skills of running, jumping and throwing.
- Programs are offered 2 times each fall/winter in November and January
 - RJT Programs run for about 8 weeks
 - Two sessions per week on Monday and Wednesday
- Depending on numbers, athletes may be broken into separate groups to accommodate COVID-19 requirements
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

Age Group	Program Name & Description	Competition options	When Offered	Sessions/ week Total Sessions	Cost / Program Include \$5 ANB Fee
Ages 8-11	<p>Run Jump Throw – Fundamentals skills of track & field Running, Jumping & Throwing</p> <ul style="list-style-type: none"> - ABC'S – Agility/Balance/Coordination/Speed - Play based programs to introduce events - Emphasis is on fun, skill building and fitness. - Basic skills - warm up/stretching/cool down - Encouraged to participate in other sports 	<p>Competition is supported if youth show interest.</p> <p>NEW: Competition entry fee included in this registration for selected meets.</p>	<p>Programs offered in Nov & Jan Monday & Wednesday 5:30 pm – 6:30 pm</p>	<p>2 programs of 8-10-weeks each with about 20 sessions</p>	<p>\$100 per 8-10 week program</p>

Online Registration: [Indoor Programs](#)

ANB fees cover all of 2021 including indoor track, outdoor track and cross-country seasons.

For Information contact:

Bill MacMackin

Phone:

506-647-4931

Email

SaintJohnTrack@gmail.com

For more information go to www.sjtc.ca





Indoor Programs

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2020 - 2021 Indoor Track & Field Competitions

Each registration includes one prepaid event entry into the highlighted meets hosted by SJTC

For most up to date schedule see www.anb.ca

November 21	Red & Black Open	Saint John
December 5	SJTC Fall Indoor	Saint John
December 19	Moncton Last Chance Meet	Moncton
January 9	Moncton Open	Moncton
January 29 – 30	N.B. Indoor Championships	Saint John
February 13	UNB/SJTC – Indoor Meet	Saint John
Additional meets will be added to the schedule later this fall		

