



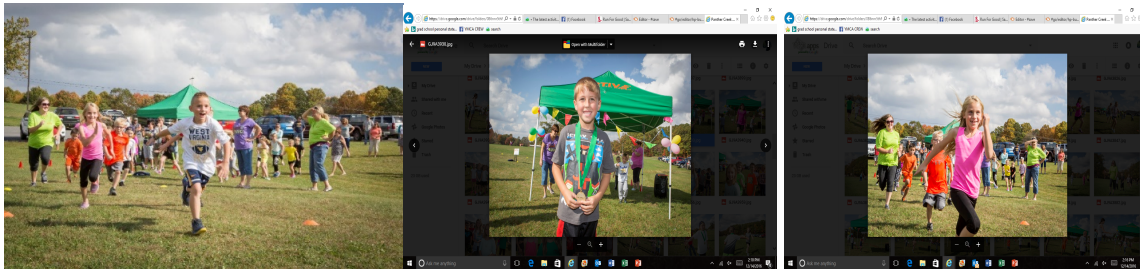
Kids Run Clubs

The Active SWV Kids Run Program believes in the value of encouraging youth to be physically active daily. Active SWV Kids Run Clubs last from 6-8 weeks and culminate in a celebratory FUN RUN! The participants learn the importance of maintaining an active lifestyle, team building, and techniques for being a healthy runner.

What can you expect from an Active SWV Kids Run Club?

- A run club that is **inclusive** and **non-competitive**. All levels and abilities are welcome.
- Educational components that help kids feel **confident** with physical activity.
- A **positive** and **safe** environment for kids to get active together. Volunteer coaches are trained in creating **fun**, easy, beginner-level practices.

Parental support is highly encouraged throughout the Run Club. Asking your child to teach you what they learned at Run Club, joining them on a run/walk at home, helping at Run Club practices, or attending the Fun Run are all great ways to show support!



If you have any additional questions, please contact India Tarleton Krawczyk at india@activeswv.com or visit ActiveSWV.org