

IMPORTANT! KEEP THIS ALL SEASON!



Paralympic Track and Field

Eligible athletes must have either a visual impairment or a primary physical disability, and can be either ambulatory or use an assistive device. Track events range from a 60 meter to a 5000 meter race, and slalom racing and relays. Field events include the shot put, discus, softball, club and javelin throws. **The goals of the program are to learn a life long sport, work on coordination and gross motor movements.**

Program Leader	Ben Berg benberg@fvsra.org
Location:	VAC
Date(s):	Mondays, Feb 13-May 14
No Program Dates	
Time:	4:30pm-5:30pm
Program Code:	312-8505-0-5

Location	Pick Up	Drop Off
D/D: Pat L.	3:50pm	6:00pm
If meeting at the Site,	4:30pm	5:30pm

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments etc).

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