Winter Indoor Track Program

Winter 2017 - 2018

Youth Enrichment Services (YES) is hosting a Winter Indoor Track Program for youth (ages 8 through middle school) interested in learning more about and participating in a developmental track program.

Program Details

The program's goal is to teach youth basic techniques and skills of track. The YES Winter Indoor Track Program will teach youth skills and build strength through running and core strengthening drills. The program aspires to inspire youth to have a lifelong appreciation and respect of healthy activities. **Space is limited!**

PROGRAM	LOCATION	AGES	DATES	PROGRAM FEE	REGISTRATION INFORMATION
Winter Indoor Track Program **Activities include:** • Weekly practices at the Blackstone Community Center in the South End. • Opportunities to complete in local meets.	Practices at Blackstone Community Center (50 W Brookline St. in the South End). The center is near the Back Bay MBTA. Local track meets to be announced. Visit www.yeskids.org/track for exact dates and times of meets.	Ages 8 through middle school	Dec 5 - March 13 Weekly practices on Tuesdays 6 - 7 pm Program will not meet on Dec. 26, Jan. 2, or Feb. 20.	YES does not charge a program fee. However, the Winter Indoor Track Program requires a $5 membership to the Blackstone Community Center.	*No youth will be permitted to participate without a completed registration form. This includes youth who have previously participated in YES Track and Field.* Registration Forms are available to download at www.yeskids.org/track and accepted on a rolling basis. Email trackandfield@yeskids.org with any questions.

YES Winter Track & Field youth with Cross-Country High School State Champion, Grace Connolly.

"The YES Track program fosters an environment of **teamwork** and **mutual respect** that has benefitted my child. The opportunity to make new friends and be a member of a team has been invaluable for our family."

- Azure, YES parent

Boston Centers for Youth & Families
Martin J. Walsh, Mayor

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