RUNNING CAMP FOR KIDS ENTERING GRADES 1 - 6
This summer program will teach the students about the basics of the sport of track & field and cross-country. Students will participate in fun-running activities in order to teach them about good health, nutrition and the benefits of being healthy and in good shape. Students should come prepared with sneakers, comfortable clothes and a water bottle. Get ready to get in shape and have fun!

Registration Code: SUM311A
Dates: Monday, July 8 - Friday, July 19 (10 Sessions)
Times: 8:30 am - 9:30 am
Location: Amherst High School Turf/Track
Instructors: Amy Fakterowitz & Christine Quenneville
Fee: $80

RUNNING CAMP FOR KIDS ENTERING GRADES 7-12
This 3-week running camp will be geared towards students entering grades 7-12 who are getting ready for cross-country or just want to get in shape for a fall sport. Runners should come dressed to run with a water bottle. Emphasis will be on increasing endurance as well as some core work and proper nutrition for the middle/high school athlete. This will be a fun way to start your fall season off in great shape!

Registration Code: SUM311B
Dates: Monday, July 8 - Friday, July 19 (10 Sessions)
Times: 9:30 am - 10:30 am
Location: Amherst High School Turf/Track
Instructors: Amy Fakterowitz & Christine Quenneville
Fee: $80

AN ONLINE REGISTRATION SYSTEM will be used to register ALL participants. REGISTRATION AND INSTRUCTIONS are available through our website. (www.amherstschools.org, click on the Department Tab on top of the page and then select Community Education). A link is available for you.

Payment by credit card will be approved and processed through the system upon completion of the registration. If paying by cash or check, please register the participant through our online system and submit the payment by mail or in person to: Amherst Community Education, District Office, 55 Kings Highway, Amherst, NY 14226. Please include the participant’s name and class number with cash or check payment. If you have any questions, please contact Darcy Daigler at (716) 362-3080 or email: ddaigler@amherstschools.org