



KAJAKS TRACK & FIELD CLUB

OPEN HOUSE & PRESEASON REGISTRATION

Kajaks Track & Field Club is proud to be hosting its 2nd Annual Open House!!

DATE: Sunday, March 30, 2008
TIME: 9am-noon
LOCATION: Minoru Park Complex - Clements Track
Granville Avenue & Minoru Blvd
Richmond, BC

This is a family event you don't want to miss!!

Join us and learn what Kajaks can offer you and your family. All ages are invited to attend. There are 5 categories of membership and Kajaks offers a full range of coaching and events for all categories.

- Junior Development for ages 9 to 15
- Juvenile for ages 16 and 17
- Junior for ages 18 and 19
- Senior for ages 20 to 35
- Masters for ages 35 and over

Throughout this event you will have the opportunity to meet our highly experienced coaching staff and view our athletes in action.

Kajaks Track & Field Club offers:

- Year round event specific training for speed, strength and agility.
- Recreational & Competitive programs available.
- Set goals & achieve your personal best.
- All Ages & Abilities Welcome

All participants will receive complimentary refreshments from the Concession.

- \$30 discount for first time members signing up on March 30th!!
- Payment Options Available

For more information or to obtain pre-registration forms please visit our website at www.kajaks.org or contact the Club Manager at 604-241-9094 or by fax at 604-241-9044.