



San Mateo Police Activities League Summer 2017

SMPAL
200 Franklin Parkway
San Mateo, CA.
94403

650.522.7725
www.sanmateopal.org

Building the Bond Between Cops & Kids

Non-Runners Run Club

Come join a friendly group of girls this summer on a healthy adventure to discover the "fun" of learning to run! Our **beginner** group meets weekly to walk and jog together as we learn fun nutrition tips. This group meets first thing in the morning, so you will have the rest of the day to play!



Date: Thursdays June 15th thru July 27th

Time: 8am—9 am

Ages: 11-15 yrs

Meeting Location:

San Mateo Police Department

Cost: \$10 for PAL Members

Course #: 432111

Questions? Email:
smpal@cityofsanmateo.org

To register, go to:
sanmateorec.org

** PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE **