



Spring 2021

Run Jump Throw

PROGRAM INFORMATION

Saturday

April 24

10:00 a.m. - 12:00 p.m.

Grades: 2-8

Cost: FREE

**Worcester County
Recreation Center**
6030 Public Landing Rd, Snow Hill MD 21863



HOW TO REGISTER

Online at
runjumpthrow.usatf.org



Run Jump Throw offers a selection of four learning stations for participants to have fun with, including dynamic warm-up with running form and technique, long jump, softball throw and speed/agility training.

All recreation programs and special events are following State and Health Department protocols that may be modified pending Covid-19 updates.

MARYLAND'S
Coast
WORCESTER COUNTY
Recreation & Parks



For more information contact Myro Small at
(410) 632-2144 x2512 or msmall@marylandscoast.org