

LIVE LOVE RUN



5K & HALF MARATHON TRAINING

Fall is a season for running! Looking for a group to run and train with? Looking to improve your running speed and form? **Join us for weekly runs!** Through this class we will focus on running gait through form drills and intervals, improve speed through running efficiency and intervals, and lastly work on your running endurance. The class will include a training plan for the Ashland Half Marathon (10/27) which has a 13.1 mile option, 5 mile option and 5k option. We encourage participation in the half marathon, but it is not required to participate in the class. Those who wish to participate will be given a special coupon code to save on their entry to this year's race.

10 weeks, STARTS August 19th:

Members = \$75, Non-Members \$150
Sundays at 7 am and Thursdays at 7 pm
(Meet in the MetroWest Y Lobby)

First run is free! Join us on August 19th at 7:00 am to meet the coach and see if it's something you'd like to participate in.

Questions? Interested? Please contact Katrina Ladd at kladd@metrowestymca.org

Race details can be found at
Ashlandhalfmarathon.com



Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
Katrina Ladd, Wellness Director (x238)
Jesse Potter, Assistant Wellness Director - Personal and Small Group Training (x287)
Maggie Lynch, Director of Nutritional Services (x286)
Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)
Michelle Krol, Assistant Wellness Director - Group Exercise (x231)

CPR/SAFETY EDUCATION

SAFETY EDUCATION COURSES

BASIC FIRST AID

In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. Certification will be American Safety and Health Institute. Online Student Handbook Available. **Cost: \$ 55**

To Be Announced

CPR/AED FOR THE COMMUNITY

The program is for individual who want or are required to have CPR and AED knowledge and skills. Certification will be American Safety and Health Institute. Online Student Handbook Available **Cost: \$65**

To Be Announced

RED CROSS LIFEGUARD COURSES

Must be 16 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all skills. Participants are required to demonstrate all components of the prerequisite swim prior to registering for the class. Please contact Benjamin to set up an appointment to complete prerequisite swim. You will be required to show a registration approval form to register for the course: this form is given after successful completion of prerequisite swim. **Cost: \$283 Member/\$361 Non Member**

To Be Announced

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSES

To successfully complete the lifeguarding recertification course, participants must demonstrate competency in all required skills, activities and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-req swim to sign up for course.

Cost: Member \$129/\$206 Non Member / \$65 Y-Staff

To Be Announced

Please contact Ashley Phoenix aphoenix@metrowestymca.org for more information about the classes listed above.