

Summer Track & Speed Training Courses

Offered Thru Chabot College Community Education

- Sprint, Speed & Power Training for Sports –

Monday & Wednesday - June 22 to July 27th – 12

Classes - from 5:30 PM to 7 PM for \$60

- Training for Middle and Long Distance & Cross Country -

Monday & Wednesday - June 22 to July 27th

– 12 Classes - from 5:30 PM to 7 PM for \$60

– Pole Vaulting for Beginners & Intermediates –

Tuesday's June 23 to July 28th – 10 am to 11:30 am for \$90

Taught by Chabot Coaches and former Collegiate Athletes

**For more information contact Chabot College
Community Education at 510-723-6665 or email**

Judy Vettters at JVettters@ChabotCollege.edu