



HEALTHY KIDS

SPARTAN RACE

A black silhouette of a Spartan helmet is centered within a circular frame. The helmet is surrounded by splatters of black ink. A horizontal line with an arrowhead pointing to the right passes behind the circular frame.

YOU'LL KNOW AT THE FINISH LINE

OBSTACLE COURSE RACING TRAINING

Way to Go

AFTER SCHOOL SPANISH IMMERSION PROGRAM
ASSIP

Every Wednesday 3:25PM - 4:25PM

Los Altos Christian School
625 Magdalena Avenue
Los Altos, CA. 94024

Students enrolled in our weekly ASSIP take advantage of enjoying this class as part of our Innovated programs in 2022

More information call Luckie Leiva 408-829-2460
or email: luckie.leiva@waytogoprograms.com
www.waytogoprograms.com

DESCRIPTION

OUR GOAL IS TO INTRODUCE KIDS OF ALL AGES TO THIS NEW STYLE OF FITNESS & RUN!

You will be tested mentally and physically. The sessions will target improvement in body-weight exercises, obstacle proficiency, and speed work. Training will include the use of hills, sandbags, tires, ramps, buckets, weights, monkey bars and more. These exciting sessions will ensure that all attendees will be ready to conquer the race in June. Don't miss out on the opportunity to join our team!

Training from 3:25-4:25 Extended care from 4:25-5:30 (included)
Pick up at certain schools available if space allows.
(Los Altos and Mountain View School District)
Fee applies

Lesson from	4:00 - 5:30	\$498	Per Trimester 9 classes (NO REFUNDS)
Lesson from	4:00 - 5:30	\$60	Daily (NO REFUNDS)

Pick up at your school,
if available from 2:30 - 3:15 \$15 per day



Way to Go Foundation Inc.



Serving our community
for the past 21 years