

# **Summer Track & Speed Training Courses**

**Offered Thru Chabot College Community Education**

## **- Sprint, Speed & Power Training for Sports –**

Monday & Wednesday - June 22 to July 27<sup>th</sup> – 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 27<sup>th</sup>  
– 12 Classes - from 5:30 PM to 7 PM for \$60

## **– Pole Vaulting for Beginners & Intermediates –**

Tuesday's June 23 to July 28<sup>th</sup> – 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 Veters at [JVeters@ChabotCollege.edu](mailto:JVeters@ChabotCollege.edu)