



GOAL TRAINING

WHAT IS GOAL TRAINING?

GOAL Training is a **free** IU physical activity program designed to help students **ages 7-15** learn skills and build confidence in physical activity.

You'll be matched with an **IU student coach** in the School of Public Health studying exercise science and physical activity. This coach will prepare individualized physical activity plans for you depending on your interests. Each week, you'll go through activity stations, practice new skills, and play games.

You'll also set weekly **physical activity goals** to work on at home and check in with your coach about your progress each week.

WHEN IS GOAL TRAINING?

GOAL Training sessions are on **Wednesday evenings** from **6:30-7:30pm**. For Fall 2024, we are offering two rotations so you can sign up for the one that works best with your schedule. You can also sign up for both!

Rotation 1: September 11th - October 9th


Rotation 2: October 23rd - November 20th


WHERE IS GOAL TRAINING?

GOAL Training will take place at the **Banneker Community Center** located at 930 W. 7th Street in Bloomington. A parent or guardian will need to provide transportation and stay for the length of the program each week.

NEED MORE INFO?

If you have any questions or would like more information, please reach out to the IU program manager, Cheryl Kilmark.

 812-509-5384

 ckilmark@iu.edu

READY TO SIGN UP?

Contact the program manager at the phone number or email address listed above, and we'll get you registered. We look forward to hearing from you!