

Central Athletics ClubStart Summer Camp



Would your child like to try **athletics**, or just improve their **running, jumping and throwing**?

Tues 1st, Weds 2nd & Thur 3rd August

8.45am - 3.15pm

and

Tues 8th, Weds 9th & Thurs 10th August

8.45am - 3.15pm

We run a fun programme including lots of competitions, games and team events as well as teaching important fundamental speed, agility and coordination skills.

Athletes will need to bring suitable clothing/footwear, drink, snacks, and a packed lunch.



If you have any queries please contact the organiser Dave Ingram on **07887 600175**.

Or email community@centralathletics.co.uk .

Visit <https://www.entrycentral.com/festival/3655> to book your place.