

Central AC, ClubStart Athletics



Lornshill Academy

**Athletics training sessions for 5-10 year olds
every Thursday from 5.30pm - 6.30pm.**

We would like to invite all 5-10year olds to join our new junior club.
Every Thursday in term time.

We encourage athletes of all abilities to come along, as well as those completely new to athletics and sport.
At this age we spend a lot of time working on the FUNdamentals of movement, running, jumping and throwing, coordination and agility as well introducing the various athletics events.



For further details or to book your place
please contact:
community@centralathletics.co.uk
or call Dave Ingram on 07887 600175

