

Central Athletics ClubStart Summer Camp



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

Tues 22nd, Wed 23rd & 24th July

9.00am - 3.00pm

and

Tues 5th, Weds 6th & Thurs 7th August

9.00am - 3.00pm

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/event/120776> to book week one or [event/125456](https://www.entrycentral.com/event/125456) for week two.