

ATHLETICS HOLIDAY CAMP 4-12 years



Monday 11th- Thursday 14th April @
Palmer Park Stadium
Coaching: 9am-12pm
4-12 year olds

- Sessions will be led by UKA qualified coaches and assisted by current competing athletes.
- Athletes will be split into groups based on age & ability, to ensure training sessions are challenging but fun for everyone attending.
- Sessions will include fundamentals such as speed, strength and co-ordination as well as running, jumping, and throwing events and techniques.

£15 per day
£55 for Monday- Thursday

To reserve your space please register on the website below

www.fitnessandathletics4kids.co.uk

