

SUMMER ATHLETICS FESTIVAL

Monday 21st – Friday 25th July, 10 AM – 12 PM

Craigswood Sports Centre, Livingston

Summer athletics training for 7-14 year olds.

What is it? Our exciting five day course will give young athletes the chance to experience a week of athletics training. Each day is filled with fun games, technique sessions and competition.

Who is it for? Children aged 7 to 14 years who want to have fun, participate, make friends and learn new and exciting skills. The sessions will be tailored to suit children of all skill levels from beginners to those who have already taken part in athletics.

What do I need to get started? Just a pair of trainers, water bottle and clothing suitable for exercise.

When is it? Monday 21st to Friday 25th July, from 10.00 AM to 12.00 PM.

Where is it? Craigswood Sports Centre, Livingston.

How do I register? You can register and pay the session fee online.

Visit the Summer Athletics Festival section of the club website at:

www.livingstonac.com/summer

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■ **Monday 21st to
Friday 25th July**

■ **10.00 AM to 12.00 PM**

■ **£29 per week**

■ **Craigswood Sports
Centre**



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