



# ***SUMMER ATHLETICS CAMP***

- Monday 20<sup>th</sup> – Friday 24<sup>th</sup> July, 10 AM – 12 PM
- Monday 27<sup>th</sup> – Friday 31<sup>st</sup> July, 10 AM – 12 PM

## **Summer Athletics Training**

**What is it?** Our exciting five day courses 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. Athletes will be in an appropriate group for their age and stage of development.

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

**When is it?** Monday 20<sup>th</sup> to Friday 24<sup>th</sup> July and Monday 27<sup>th</sup> to Friday 31<sup>st</sup> July, from 10.00 AM to 12.00 PM.

**Where is it?** All sessions take place outdoors on the athletics track at Craigswood Sports Centre, Livingston.

**How do I register?** You can register and pay the session fee online by visiting the Summer Athletics Camp section of the club website at:

**[www.livingstonac.com/summer](http://www.livingstonac.com/summer)**

## **Ages 7 – 14**

- Week 1: Mon 20<sup>th</sup> - Fri 24<sup>th</sup> July

- Week 2: Mon 27<sup>th</sup> - Fri 31<sup>st</sup> July

- 10.00 AM to 12.00 PM

- £36 per week or £58 for both weeks

- Craigswood Sports Centre, Livingston



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