

**LIVINGSTON  
ATHLETIC CLUB**

# ARMADALE

## PRIMARY ATHLETICS CLUB



**AUGUST - DECEMBER 2018**



DAY	TIME	LOCATION	AGES	DATES	WEEKS	COST
<b>WED</b>	3.45 pm – 4.45 pm	Armadale Academy	P4 – P7	29 August	1 Week	FREE
				5 September – 10 October	6 Weeks	£15
				5 September – 19 December	15 Weeks	£30

## Fun athletics training for P4 to P7

**What is it?** Our Armadale cluster Primary Athletics Club is a recreational club for primary aged children. The club focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop. Youngsters are introduced to a range of athletic events, basic skills, balance, coordination and speed sessions; the essential ABC's of all sports.



**Who is it for?** Primary aged children aged (P4-P7) who enjoy athletics or would like to try athletics for the first time.

**Where is it?** All sessions take place indoors in the games hall at Armadale Academy.

**How do I register?** You can register and pay the block fee online at [www.livingstonac.com/armadale](http://www.livingstonac.com/armadale)



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