

LIVINGSTON
ATHLETIC CLUB

ARMADALE



PRIMARY ATHLETICS CLUB

AUGUST - DECEMBER 2019



DAY	TIME	LOCATION	AGES	DATES	WEEKS	COST
WED	3.45 pm – 4.45 pm	Armadale Academy	P4 – P7	28 August – 11 December No session on 16 October	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



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