



SUMMER 2019

## SUMMER ATHLETICS CAMP

### CRAIGSWOOD SPORTS CENTRE

AGES 5-13

### Fun summer athletics training for 5-13 year olds

**What is it?** Our exciting five day holiday camp 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 5 to 13 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?** Children train outside, on the athletics track, so should come prepared with appropriate clothing: trainers, tracksuit bottoms, t-shirt and a jumper. A waterproof jacket will also be needed for wet weather.

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

**How do I register?** Visit the RJT section of the club website where you can register and pay the session fee online:



	DATES	TIME	AGES	COST
<b>Week 1</b>	Mon 15 – Fri 19 July	10.00 am – 12.00 pm	Ages 5-13	£40
<b>Week 2</b>	Mon 22 – Fri 26 July	10.00 am – 12.00 pm	Ages 5-13	£40
<b>Week 3</b>	Mon 29 – Fri 2 August	10.00 am – 12.00 pm	Ages 5-13	£40
<b>Week 4</b>	Mon 5 – Fri 9 August	10.00 am – 12.00 pm	Ages 5-13	£40
<b>Week 5</b>	Mon 12 – Fri 16 August	10.00 am – 12.00 pm	Ages 5-13	£40