

SATURDAY HOLIDAY

ATHLETICS COURSE



Rugby & Northampton AC are pleased to announce a new 3-week athletics course for young athletes in Northampton and surrounding areas. It runs in the summer holidays from Saturday 7th August until Saturday 21st August

With COVID hitting the school athletics season this year, many youngsters have had little or no opportunity to try out the various track and field events – **jumping, running, throwing, sprinting and hurdling**. This course will give an introduction to the track and field events and the club. If you feel that athletics is for your child or they have excelled in PE lessons at school, then we can hopefully find an event to suit!

When

Saturday mornings 10-30 till 12-00

Where

The sessions will take place at the Moulton College athletics track



Who

The sessions are open to both club and non- club athletes NO EXPERIENCE NECESSARY

Costs

£10 per 3 week block

Ages

Primary – Yr 4-6

Secondary – Yr 7-9



Places are limited and will be assigned on a first come, first served basis.

To register or for further information, please mail the address below.

For COVID requirements, all children must register beforehand – you cannot simply turn up.

contactus@rugbyandnorthamptonac.org