

SATURDAY TRACK CLUB

Rugby & Northampton Athletics Club are pleased to announce a new 6-week athletics course for young athletes in Northampton and surrounding areas. It runs from Saturday March 12th to Saturday April 16th April



This course will give an introduction to the track and field events – running, jumping and throwing and is suitable for all – from total novices to more seasoned athletes – no experience required – just lots of energy. The emphasis will be on fitness, skills and fun with all sessions being led by a qualified club coach.

When

Saturday mornings 10-15 till 11-30

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

R&N members – free

Non-club athletes – £15 per 6 week block

Ages – MINIMUM AGE is Yr 3 at school (aged 7+) –
MAXIMUM is Yr 10 at school



On completion – all course members will be invited to participate in the MOULTON TRACK NIGHT competition to be held on Tuesday 19th April

- Places are limited and will be assigned on a first come, first served basis.
- To register or for further information, please contact the address below.

The first session is due to take place on SATURDAY 12th March

contactus@rugbyandnorthamptonac.org

