



**South West
Athletics Academy**

EXETER Sportshall Athletics



- Come and have a go at a range of sportshall athletics events
- Running jumping and throwing activities lead by local coaches
- 2 groups - **Minis** age 4-7 and **Juniors** age 8-11
- £5 advanced booking, £7 if pay on the day then come and do as many events as you like

Come and have a go!

**Sportshall athletics
activities for children**

**Minis - age 4-7
Juniors -age 8-11**

- Sprints ● Hurdles ● Distance ● Relays
- Obstacle Relays ● High Jump
- Standing Long jump & Triple Jump
- Speed Bounce ● Shot ● Turbo Javelin
- Balance Beam ● Vertical Jump plus more . . .

See our website for more details



- 9am-10.30am Sat 8th Oct 2016
- 10am-11.30am Sun 6th Nov 2016
- 9am-10.30am Sat 3rd Dec 2016
- 10am-11.30am Sat 21st Jan 2017
- 10am-11.30am Sun 12th Feb 2017

***at Riverside Leisure Centre,
Exeter***

website: www.sw-athletics-academy.co.uk

07745 616852