

Sat 10:30-11:30



Inclusive Athletics

For children aged 5yrs - 16yrs
on the Autism Spectrum, with a Physical Disability
or Impairment



Athletics
with a difference!



Mon 6:15-7:15
Tues 6:15-7:15
Sat 11:30-12:30



Little Athletics Ages 5-7



Agility
Balance
Co-ordination



Mon 6:15-7:15
Tues 6:15-7:15
Sat 11:30-12:30



Juvenile Athletics Ages 8-11



Agility
Balance
Co-ordination

Mon: Speed Endurance - 7:15-8:15
Tues: Sprints, Hurdles, Relays 7:15-8:15
Thurs: Street Workout/Circuits, middle distance 7:15-8:15
Sat: Field events, sprints and hurdles 11:30-12:45



TEEN'S ATHLETICS SOMETHING FOR EVERYONE!



Adult Athletics

► **Spring In Your Step** - Get Moving Program

This is a non-running program that will focus primarily on gradually improving mobility strength and building a foundation for increased fitness over time

► **COUGH TO 5K**

The programme is designed for beginners both men and women to gradually build up their running ability so they can eventually run 5km without stopping

► **Fit 4 Life**

This programme is designed for joggers and runners to maintain and improve their fitness

► **Seniors/Masters**

Mon: Outdoor Gym - 7:15-8:15
Tues: 7:15-8:15
Thurs: 7:15-8:15

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Tues: 6:15-7:15 or 7:15-8:15
Thurs: 7:15-8:15
Sat: Park run 9:30

Mon: Outdoor Gym - 7:15-8:15
Tues: 6:15-7:15 or 7:15-8:15
Thurs: 7:15-8:15
Sat: Park run 9:30am
Sun: Long run - 2 mile gate