

LIVINGSTON ATHLETIC CLUB



DAY	TIME	AGES	DATES	WEEKS	COST
Monday	6.00 pm – 7.00 pm	Ages 7-9	21 November – 12 December	4 Weeks	£16
Friday	2.45 pm – 3.45 pm	Ages 5-6	25 November – 16 December	4 Weeks	£16
Friday	4.00 pm – 5.00 pm	Ages 7-9	25 November – 16 December	4 Weeks	£16
Friday	5.00 pm – 6.00 pm	Ages 10-12	25 November – 16 December	4 Weeks	£16
Saturday	10.00 am – 11.00 am	Ages 7-9	26 November – 17 December	4 Weeks	£16
Saturday	10.00 am – 11.00 am	Ages 10-12	26 November – 17 December	4 Weeks	£16

AGES 5-12

Fun athletics training for 5-12 year olds

This part of the club focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop. Youngsters are introduced to a range of athletic events, basic skills, balance, coordination and speed sessions; the essential ABC's of all sports.

The programme is based around Athletics, but the skills acquired can be extremely beneficial to children across a wide variety of sports. The club operates in a safe, relaxed and friendly environment, allowing children to enjoy their experience, make new friends and to progress athletically. It is widely recognised that Athletic activities: running, jumping and throwing - underpin every sport.

www.livingstonac.com/rjt



What is it?

Run, Jump & Throw (RJT) is a programme designed to give children a fun opportunity to participate in athletics activities all year round. The sessions are tailored to suit children of all skill levels from beginners to those who have already taken part in introductory athletics programmes, holiday courses or local community competitions. The RJT programme offer children a wide variety of athletics events and techniques, and focuses on the fundamental movement skills, important in every child's development.

Who is it for?

Children aged 5 to 12 years who want to have fun, participate, make friends and learn new and exciting skills.

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.

When is it?

Monday and Friday after-school, and Saturday mornings. There are 4 to 10 week blocks of sessions in each school term.

Where is it?

The club is based at the outdoor athletics track at Craigswood Sports Centre, Livingston.

How do I register?

Visit the RJT section of the club website at www.livingstonac.com/rjt where you can register and pay the session fee online.

Ages 5 - 9

Children will have the opportunity to practice and become familiar with the basic



techniques involved in running, jumping and throwing events. Enjoyment and having fun are the key factors in this age group.

As the sessions progress, we will introduce additional events and technical aspects to the athletics activities and continue to build on the foundations of good technique, enjoyment and a healthy lifestyle.

Ages 10-12

Children should begin to demonstrate their development and aptitude for various events with increased confidence, enjoyment and enthusiasm.

There will be more focus in improving performance and an introduction to some of the competitive elements of athletics.

Livingston Athletic Club

The RJT sessions will help prepare children for joining the main athletics club at Livingston in the future.

For children aged 9+, who are keen to develop their athletic skills further, take part in competitions regularly and train every week, there will opportunity to join the main athletics club when they are ready to progress.

