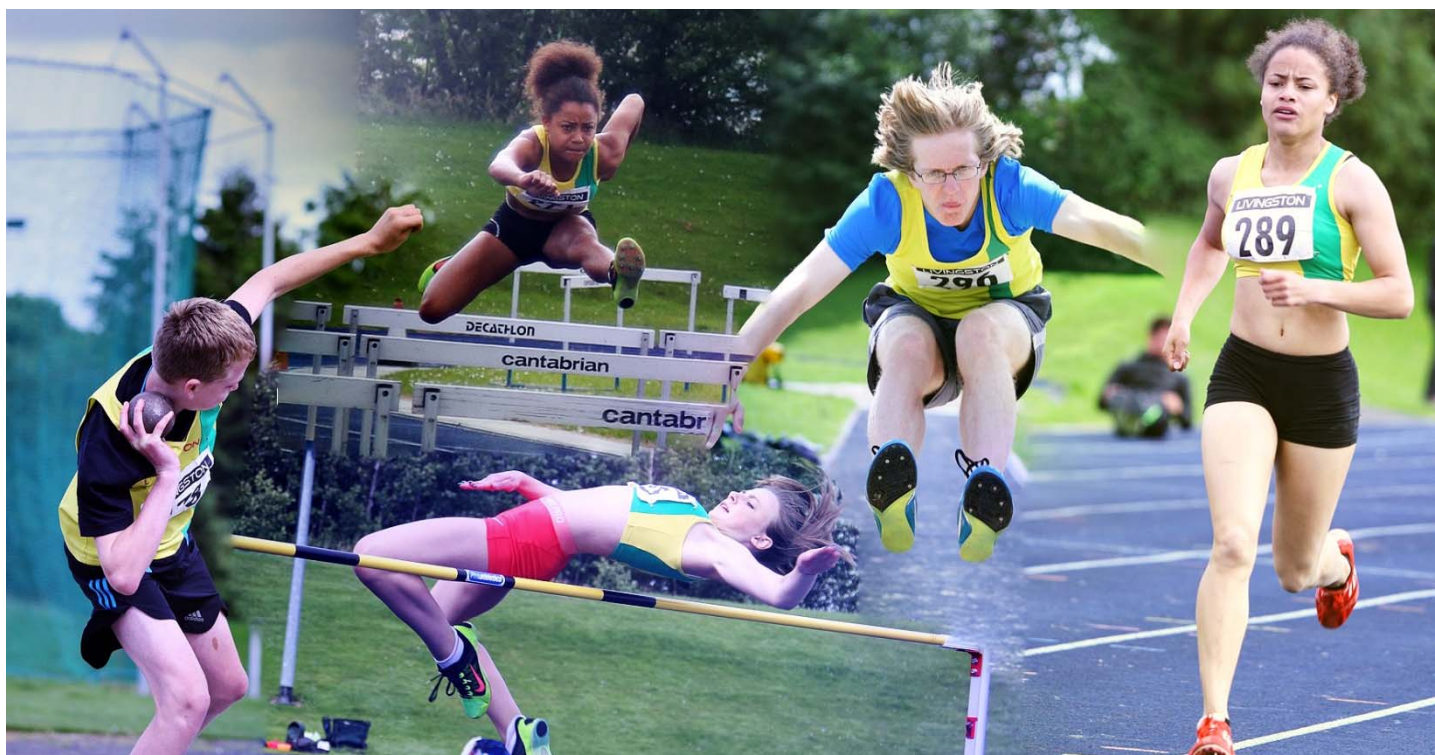


# LIVINGSTON ATHLETIC CLUB

## SUMMER

# ATHLETICS ACADEMY



DAY	TIME	LOCATION	AGES	DATES	WEEKS	COST
SAT	11.15 am – 12.30 pm	Craigswood Sports Centre	S1 – S6	6 May – 10 June	6 Weeks	FREE

## Do you want to try track & field athletics?

Livingston Athletic Club are West Lothian's premier athletics club, based at the athletics track at **Craigswood Sports Centre**, with training session throughout the week.

For secondary school aged children wanting to try athletics for the first time, or looking for practice before the West Lothian Secondary T&F Championships, register **NOW** using the link below for our **FREE** 6 week Saturday morning Athletics Academy from 6 May to 10 June!

[www.livingstonac.com/academy](http://www.livingstonac.com/academy)

You can start any Saturday during the 6 week block, and you don't need to attend every week.



SPRINTING ■ LONG JUMP ■ JAVELIN ■ HURDLES ■ HIGH JUMP ■ DISCUS  
ENDURANCE ■ RELAYS ■ SHOT PUTT ■ TRIPLE JUMP ■ HAMMER