

LIVINGSTON
ATHLETIC CLUB

SPRING

ATHLETICS ACADEMY



DAY	TIME	LOCATION	AGES	DATES	WEEKS	COST
SAT	11.00 am – 12.30 pm	Craigswood Sports Centre	S1 – S6	24 February to 17 March	4 Weeks	£20

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, register **NOW** using the link below for our next Saturday morning Athletics Academy!

www.livingstonac.com/academy



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