

# LIVINGSTON ATHLETIC CLUB

## AUTUMN

# ATHLETICS ACADEMY



DAY	TIME	LOCATION	AGES	DATES	WEEKS	COST
<b>SAT</b>	11.00 am – 12.30 pm	Craigswood Sports Centre	S1 – S6	28 October – 25 November <small>No session on 11 November</small>	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](http://www.livingstonac.com/academy)



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