

# SATURDAY ATHLETICS

## COURSE



Rugby & Northampton Athletics Club are pleased to announce a new 5-week athletics course for young athletes in Northampton and surrounding areas. It runs from **Saturday 2nd March to Saturday 30<sup>th</sup> March**

This course will give an introduction to the track and field events – running, jumping and throwing and is suitable for all – from total novices to more seasoned athletes – no experience required – just lots of energy. The emphasis will be on fitness, skills and fun with all sessions led by qualified club coaches.

### When

Saturday mornings 10-30 until 11-45

### Where

The sessions will take place at the Moulton College athletics track

### Who

The sessions are open to both club and non- club athletes **NO EXPERIENCE NECESSARY**

### Costs

R&N members – free

Non-club athletes – £15 per 5 week block



### Ages

MINIMUM AGE is Year 3 at school (aged 7+) – MAXIMUM is Year 10 at school

**On completion** – all course members will be invited to participate in the MOULTON EASTER OPEN EVENT to be held on Saturday 6<sup>th</sup> April

Places are limited and will be assigned on a first come, first served basis.

To register – please complete this google form

<https://docs.google.com/forms/d/e/1FAIpQLScQR93lenkxHroYKN6p9eusuA2hNetkRaqjf6i0AE2gZqlzFQ/viewform?vc=0&c=0&w=1&flr=0>

If you have any further questions about the course or the club, please contact us at:

[contactus@rugbyandnorthamptonac.org](mailto:contactus@rugbyandnorthamptonac.org)