

# **SATURDAY TRACK CLUB**

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 March 18<sup>th</sup> to Saturday April 15<sup>th</sup> April**



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 being led by a qualified club coach.

## **When**

Saturday mornings 10-00 until 11-15

## **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 Yr 3 at school (aged 7+) –  
MAXIMUM is Yr 10 at school



**On completion** – all course members will be invited to participate in the MOULTON TRACK INVITATIONAL EVENT to be held on Saturday 22<sup>nd</sup> April

- Places are limited and will be assigned on a first come, first served basis.
- To register or for further information, please contact the address below.

The first session is due to take place on SATURDAY 18<sup>th</sup> March

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

