



## CHILDRENS ATHLETIC TRAINING



Does your child love to run and jump?

ALSAA Athletics hold a training hour of activity for children 6-12 years every Saturday from 2-3pm on the track. We do a range of running, jumping, throwing and relays all aimed at keeping the children active and interested. If your child is older than 12 years, we may be able to accommodate with separate training. The fee is €5 per session.

Contact: Gerard Martin 087-2132244

Eugene Foley 086-3835695.