

Junior Athletics Sessions

Date in "Red" No Session this week

Date / Time	Session	Dates	Cost	Duration	Venue	Session
Monday 5.30pm	Long Jump & Triple Jump	Sept 24th Oct 1st 8th 15th 22nd 29th Nov 5th 12th 19th 26th	£7	1 hour	Track	New
Session:	Learn all the basic and gain the confidence to jump. Adding speed, height and how to shoot the legs forward before landing.					
Friday 5.00pm	Junior Athletics Academy	Sept 28th Oct 5th 12th 19th 26th Nov 2nd 9th 16th 23rd 30th	£5	1 hour	Track	Existing
Session:	Try all the athletic events RUN THROW JUMP (not all in the same week). These session are for ages upto 11. Utilising the appropriate Throws Equipement.					
Friday 6.00pm	Senior Athletics	Sept 28th Oct 5th 12th 19th 26th Nov 2nd 9th 16th 23rd 30th	£7	1 hour	Track	Existing
Session:	Try all the athletic events RUN THROW JUMP (not all in the same week). Utilising the appropriate Throws Equipement. These session are for ages 12+ (Adults welcome).					
Sunday 1.30pm	Hurdles	Sept 30th Oct 7th 14th 21st 28th Nov 4th 11th 18th 25th	£7	1 hour	Track	Existing
Session:	Learn the basics of hurdling. We will teach isolation drills, how the lead leg and trail leg work and improve Flexibility and Hip Strength.					
Sunday 2.30pm	Sprints	Sept 30th Oct 7th 14th 21st 28th Nov 4th 11th 18th 25th	£7	1 hour	Track	Existing
Session:	Improving Sprint Speed including Running Posture, Agility & Quickness. This benefits all your Sprinting, Hurdling and Endurance events. Speed is important in all events includings 10,000mtrs.					
Sunday 5.00pm	Junior Academy	Sept 30th Oct 7th 14th 21st 28th Nov 4th 11th 18th 25th	£7	1 hour	Track	Existing
Session:	Try all the athletic events RUN THROW JUMP (not all in the same week). Utilising the appropriate Throws Equipement. These session are for ages up to 11.					

NOTES:

1-2-1 Sessions are availbale on request

Date in "Red" No Session this week

Venues:

Track: Bracknell Athletic Club Track, 2 South Hill Rd, Bracknell RG12 7NN

SHP: South Hill Park, Ringmead, Bracknell RG12 7PA

Physical & Learning Disability Athletics Sessions

Date in "Red" No Session this week

Date & Time	Session	Dates	Cost	Duration	Venue	Session
Thursday 8.00pm	Sprints	Sept 27th Oct 4th 11th 18th 25th Nov 1st 8th 15th 22nd 29th	£7	1 hour	Track	Existing
Sunday 3.30pm	Sprints & Long Jump	Sept 30th Oct 7th 14th 21st 28th Nov 4th 11th 18th 25th	£7	1 hour	Track	Existing
Session: Sprints	Improving Sprint Speed including Running Posture, Agility & Quickness. This benefits all your Sprinting, Hurdling and Endurance events. Speed is important in all events includings 10,000mtrs.					
Long Jump	Learn all the basic and gain the confidence to Jump. Adding speed, height and how to shoot the legs forward before landing.					
Fitness	Develop Athletic Fitness and Motor Skills to Competant Standard. Develop from Competant Standard to Competition, if desired.					

Notes:

1-2-1 Sessions are availbale on request

Date in "Red" No Session this week

Venues:

Track: Bracknell Athletic Club Track, 2 South Hill Rd, Bracknell RG12 7NN

SHP: South Hill Park, Ringmead, Bracknell RG12 7PA