

Family Fun & Fitness



South East Districts Little Athletics Club inc. (SEDLAC)

2022-23 Season Starts Friday 7th October
Venue: Pembroke Park
Friday evenings from 6pm - 7.45pm

Tiny Tots \$50 for 3-4 year olds

This is an introductory program running for 1 hour each night where Tiny Tots will learn coordination, throwing, running, jumping, games, run on the 100m track, hurdles & long jump.

Under 6 - Under 15 \$130 + Club shirt \$40

We offer track & field events including long jump, triple jump, high jump, discus, shotput, vortex/turbo jav/javelin, 70m, 100m, 150m, 200m, 400m, 800m, 1500m. Events are offered over 3 programs with athletes participating in 4-5 events each night.

Our season runs for 17 weeks finishing in March 2023.

We offer **TWO WEEKS FREE** to come and try Little Athletics.

For further information or to register please go to www.sedlac.org.au or keep checking the South East Districts Little Athletics Centre Facebook page for updates.



We accept the Tasmanian Government Ticket to Play vouchers.