



Beginners and
experienced athletes
ALL WELCOME!

**ARE YOU BETWEEN
5 and 15 years old and want to try
something new?**

**COME ALONG AND
TRY LITTLE ATHLETICS**

Little Athletics offers children the opportunity to learn fundamental motor skills.



On-Track Program for athletes aged 5-7 years

Weekly Competition Running and Field Events for athletes aged 8-15 years are held on a mix of Friday nights and Saturday mornings from October to March. Our 5- 6 years receive special coaching supervision and fun activities

Additional Training is at 5pm each Tuesday. At our weekly training sessions experienced coaches conduct several rotations through the disciplines of running, jumping, and throwing in a fun and supportive environment.

Open Day Saturday, 18 September 9.30am - 11.30am George
Knott Athletics Track, Heidelberg Road Clifton Hill

Come along, have some fun, enjoy lots of activities and a Jumping Castle!

Online Registrations soon open at www.lavic.com.au

New Athlete Enquiries ✉ president@clac10.org.au

www.clac10.org.au

