



# How2 Athletics

**How2Run! How2Jump! How2Throw!**

**FUNdamental movement skills**

**Make Friends – Stay Fit – Have Fun**

**Ages 8-12 years**

**Sessions run on Thursdays  
from 4:30pm to 5:45pm**

Register your child now

**Contact Sally at:-**

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**Lead by UKA Qualified Athletics Coaches and  
Youth Leaders**

**“Caring and professional sessions, full of fun...”**

These sessions will be held at the Garrison Track,  
Circular Road North, Colchester, CO2 7TL