

# ATHLETICS HOLIDAY PROGRAMME

TRAIN HARD, PLAY HARDER!

## Designed for Year 4-8 Students

### The Programme will cover the following:

- **Speed & Agility** - Training to turbocharge your performance!
- **Overall Fitness** - To boost your Endurance & Energy!
- **Reaction Skills** - Training to sharpen your reflexes!
- **Advanced Ball Skills** - General & Sport Specific!
- **Goal Setting** - Helping you to achieve your dreams!
- **Nutrition** - Guidance to fuel your body for PEAK performance!
- **Motivation** - To keep you PUMPED UP & driven!
- Advanced Ball Skills (General & Sport Specific)

[athleticswellington.org.nz/event/school-holiday-programme/](http://athleticswellington.org.nz/event/school-holiday-programme/)



Scan here to book!

Held at Newtown Park

Roy Street Newtown

9am - 12pm

Tues 23rd - Thur 25th Sept

Starting Monday 4th August!

**\$40 EACH DAY**

**\$110 FOR ALL 3 DAYS**

BOOK ONLINE AT