

Tonbridge Athletic Club

Tonbridge Athletic Club is running an athletics week at **Tonbridge School Track**.

It is open to **6 – 11 year olds girls and boys** and is to be held on the **22nd to the 26th August 2010** inclusive, from **9.30 am until 3.30pm**.

The cost for the week is **£75** or if you can only come once or twice the daily rate is **£20** per day.

They will learn **Long Jump, High Jump, Shot, Discus, Hammer, Javelin, Hurdles, Sprinting and Distance running**.

They will need a packed lunch and drink for the day, sun hats and sun cream.

To secure your place email **Chris Hogwood** on **christonbridgeac@hotmail.co.uk**
or phone **01732 353254** in the evenings only.