

# Heston Athletics Academy

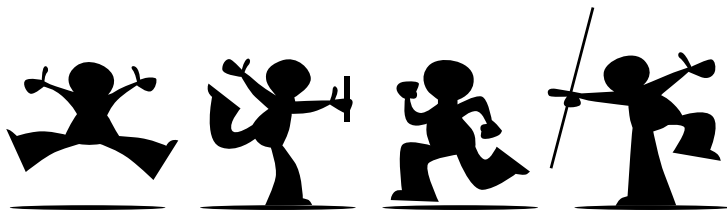
## Sports Hall Athletics



Sports Hall Athletics is one of the most exciting areas of the sport and this is a great chance for young athletes to improve fundamental skills such as agility, balance and coordination and develop the foundation skills of running, jumping and throwing.

### Sports Hall Athletics...

- Is FUN, bright and colourful
- Provides safe, indoor and enjoyable multi-skill activities



Sports Hall Athletics encourages all round ability and events include speedbounce, standing long jump, vertical jump, javelin, chest push, obstacle relays, and various sprinting relays that require a range of skills.

### Age Group:

For children in school Years 4 – 6 Only

### Date and times of sessions:

(Registration: 4.15 – 4.30pm) 4.30 – 6.00pm	Monday 8 <sup>th</sup> November <b>FREE</b>
(Registration: 4.15 – 4.30pm) 4.30 – 6.00pm	Monday 15 <sup>th</sup> November <b>FREE</b>
4.30 – 6.00pm	Monday 22 <sup>nd</sup> November
4.30 – 6.00pm	Monday 29 <sup>th</sup> November
4.30 – 6.00pm	Monday 6 <sup>th</sup> December
4.30 – 6.00pm	Monday 13 <sup>th</sup> December
<b>BREAK FOR CHRISTMAS HOLIDAYS</b>	

### Cost:

**£2.00 per session\***

\*Please note the first two sessions are free

### Places/Bookings:

Limited spaces available (these are done on a first come first come basis)

### Address:

Heston Community Sports Hall, Heston Road, Hounslow  
Middlesex, TW5 0QZ

### For further information please contact:

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