

FREE and Fun Athletics Sessions

FREE sessions for blind and visually impaired people (for 11 year olds and over).

If you have never tried athletics before or you would like to improve your skills why not come along to one of our sessions taking place in Southwark.

When: Weekly sessions (weekend & weekday evening) will start from February 2016 times to be confirmed

Where:

- 1) The newly opened Castle Leisure Centre SE1 6SQ
- 2) Southwark Park Athletics Track, Gomm road SE16

Meet & greet available if required.

Sessions: People will be introduced to the basic skills and techniques of running, jumping and throwing. This will also include the use of indoor (sportshall) and outdoor athletics equipment.

Contact: To register contact Amala Poulter 02075257304 or email Amala.poulter@southwark.gov.uk

