

get active...

at the Mini Athletics Club

Learn a number of athletics skills in a safe environment with qualified instructors, including jumping, throwing and running. The club is a great way for children to improve balance, coordination and agility while getting fit and having fun.

Pay per session or block book and receive sessions at a lower price.

For further information or to block book sessions contact: Simon Simpson,

simon.simpson@southtyneside.gov.uk or visit: **www.southtyneside.gov.uk/sports**



Monkton Stadium

5 – 7 year olds

Monday: 5 – 6pm

Wednesday: 4.30 – 5.30pm

Thursday: 5 – 6pm

Friday: 5 – 6pm



South Tyneside Council



The best start in life