

FREE
TASTER
SESSION!

Your first session
is free!



**ABC SPORTS
COACHING**

PRIZES
TO BE WON
EVERY WEEK!

Best attitude
Hardest worker
Most improved

Multi-Sports Club

MONDAY EVENING

CURROCK COMMUNITY CENTRE, CARLISLE, CA2 4BS



Class 1 - Mini Movers

17.00-17.50 (for ages 2-4)

Class 2 - All Stars

18.00-18.50 (for ages 5+)

Learn a different sport each month

Sessions grouped on age and ability

- **Mini Movers:** Fun-filled sessions aimed at developing FUNDamental skills for life-long physical activity.
- **All Stars:** Learn and practice sports specific skills
- Rules and knowledge gained to successfully play in a variety of sports
- Boost confidence, social skills and team work.
- **Booking is essential to save missing out.**

Only £5 per child.

You can block book 10 weeks for £50.00

In association with ABC Sports Coaching
We believe FUNDamentals within sport form the key building blocks for the development of sports acquisition.

Jonathan Mason
Co-Director and Head Coach
07930 433394
info@abcsportscoachingltd.com
www.abcsportscoachingltd.com

 Find us on
Facebook