

FREE
TASTER
SESSION!

Your first session
is free!



PRIZES
TO BE WON
EVERY WEEK!

Best attitude
Hardest worker
Most improved

Multi-Sports Club

SATURDAY MORNING

AT TRINITY LEISURE CENTRE, CARLISLE



Class 1

9.00-9.55 (for ages 3-5)

Class 2

10.00-10.55 (for ages 6-8)

Learn a different sport each month

Sessions grouped on age / ability

- Develop a child's agility, balance and co-ordination
- Boost confidence and social skills
- Improve teamwork
- Learn and practice sports specific skills
- Rules and knowledge gained to successfully play in a variety of sports
- 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

