



Weekly

Friday

Time: 13.15 - 14.15

This course is aimed at all abilities including wheelchair users, with the emphasis being enjoyment of physical activity and participating in group sessions.

You will also experience the fun and enjoyment that athletics can offer.

At the same time you will get fitter and start to lead an active lifestyle and have the opportunity to take part in competitions.

Come and take part in many of the athletic events on offer:- Walking, running, jumping & throwing.

Athletics/Special Olympic Training For Adults

West Berkshire

Crookham Common Athletic Track

Thatcham

Berkshire RG19 8ET

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