

Day	Venue	Time	Age	Content	Dates	Cost
Sundays	New York University	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Vicky & Steve	April 9 th to May 28 th 2017	640dhs 8 wks
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Dan, Shaun, Steve	April 9 th to June 18 th 2017	880dhs 11 wks
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles/Long Jump Dan, Shaun, Steve	April 9 th to June 18 th 2017	880dhs 11 wks
Tuesdays	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Dan, Shaun, Steve	April 11 th to June 20 th 2017	880dhs 11 wks
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance High Jump Dan, Shaun, Steve	April 11 th to June 20 th 2017	880dhs 11 wks

Fees include a club vest and 20% Saucony Store discount card

(1 free session if train twice a week)