



RUN,

JUMP AND

THROW



Falkirk  
Community  
Trust

**Grangemouth Stadium**  
January - March 2018

-  LONG JUMP
-  JAVELIN
-  HURDLES
-  HIGH JUMP
-  RELAY
-  ENDURANCE
-  POLE VAULT
-  HAMMER
-  DISCUS
-  SHOT PUTT

“...it is widely recognised that athletic activities: running, jumping and throwing - underpin every sport in Scotland...” Scottish Athletics Ltd

[www.falkirkcommunitytrust.org.uk](http://www.falkirkcommunitytrust.org.uk)



All our sessions are designed to cover all ages and abilities so you don't have to be an experienced athlete to join!

So come along and have fun while keeping fit at any age!!

Come and try our Commonwealth Games track to see if you can run as fast as Usain Bolt!

## Class Timetable

Age	Monday	Dates - 2018	Cost	Wks
4 – 6 years	4pm – 5pm	15 Jan – 26 Mar	£38.50	11
7 – 8 years	5.15pm – 6.15pm	15 Jan – 26 Mar	£38.50	11
9+ years	6.30pm – 8pm	15 Jan – 26 Mar	£57.75	11
FVH@RJT	6.30pm – 8pm	15 Jan – 26 Mar		

Age	Wednesday	Dates - 2018	Cost	Wks
4 – 6 years	4.30pm – 5.30pm	17 Jan – 28 Mar *	£31.50	9
7 – 8 years	5.45pm – 6.45pm	17 Jan – 28 Mar *	£31.50	9
9+ years	6.30pm – 8pm	17 Jan – 28 Mar *	£47.25	9
FVH@RJT	6.30pm – 8pm	17 Jan – 28 Mar *		

\* Not running 14 Feb or 14 Mar

Age	Friday	Dates - 2018	Cost	Wks
4 – 6 years	4pm – 5pm	19 Jan – 30 Mar	£38.50	11
Disability	5.15pm – 6.15pm	19 Jan – 30 Mar	£38.50	11
7 – 8 years	6.30pm – 7.30pm	19 Jan – 30 Mar	£38.50	11
9+ years	6.30pm – 8pm	19 Jan – 30 Mar	£57.75	11
FVH@RJT	6.30pm – 8pm	19 Jan – 30 Mar		

Applications can be found on Grangemouth Stadium's website  
[www.falkirkcommunitytrust.org/venues/grangemouth-stadium/](http://www.falkirkcommunitytrust.org/venues/grangemouth-stadium/)  
 or at Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE

## What is Run, Jump and Throw?

Our Run Jump Throw sessions are a fun way to introduce kids to Athletics. Although our sessions are based around athletics, many of the skills acquired are beneficial across a wider variety of sports. Our qualified coaches plan sessions that are held in a safe, relaxed and friendly environment allowing children to have fun whilst keeping fit and active.

## What do I need to join?

Comfortable clothing for being active both indoors and outdoors weather permitting ie tracksuit bottoms, t-shirt, trainers, waterproof top. Add a water bottle and you are good to go!!

## Where do I fit in?

Our sessions are designed to develop budding young athletes from the age of 4years. A development pathway is in place for those older athletes who wish to progress into a more competitive and club environment.

## 4-6 Years

Kids are introduced to the basic techniques involved in running, jumping and throwing. The main focus in this group is plenty of fun and enjoyment.

## 7-8 Years

Children in this group experience a wider range of Athletics events. The skills and techniques acquired in the previous age group are further developed with more focus on improving performance. At this stage children may begin to realise their own development and aptitude for various events with increased confidence, enjoyment and enthusiasm.

## 9 + Years

These sessions continue to build upon skills and techniques already acquired in a fun and enjoyable environment.

## FVH@RJT

Specifically for those athletes who wish to take their Athletics more competitively. Our Coaches work in partnership with Falkirk Victoria Harriers in planning training and developing sessions, ensuring our athletes attain a solid performance level before progressing into a Club.

### Athletics Pathway

Age			
4 - 9 years	Run Jump Throw	All round experience	
9+ years	Run Jump Throw	Multi discipline	
	Falkirk Victoria Harriers @RJT (pathway)	Multi discipline	
	Other Clubs	Multi discipline	
and beyond...	Scottish Athletics	Regional Development Squads	National Squads

Coming  
Soon

# Easter Run, Jump and Throw



Watch out for dates being announced via our website or follow us on twitter or like our facebook page.



[www.falkirkcommunitytrust.org](http://www.falkirkcommunitytrust.org)



# GET FIT HAVE FUN



**Thursday evenings 6.30-7.30pm at Grangemouth Stadium.**

Runs take place within Grangemouth and surrounding area.

This class is suitable for people of all running abilities aged 16+.

Complete beginners restricted to starting on certain weeks.

Sessions break for school holidays, Christmas, Easter and Summer.

**£3.50**  
Per Session

Further information:

 Facebook: JogScotland Grangemouth

Email: [johndenholm8@gmail.com](mailto:johndenholm8@gmail.com)

Grangemouth Stadium Reception Tel: 01324 504590

jogscotland

