

Winter Training - Part 2

- Tuesdays** - Will continue at Thornhill Youth Club up to and including Tues 1 April 2008.
Cost £2 per session or £22 if paid in advance in one payment
- Thursdays** - Will continue at Oaklands School up to and including 3 April 2008
Cost £2 per session or £24 if paid in advance in one payment
- Sundays** - The final "off track" session will be Sunday 27th January.
Thereafter sessions will be based on the track at the Sports Centre,
10.45am ready to start
There is no charge by me for these sessions however you must pay the
groundstaff to use the track (as long as they are on duty)

Track Sessions

In addition to the above there will be additional track sessions available for those that want or need them. I will not necessarily be there myself but am happy to give you sessions to do, either on your own or in small groups.

Jan
20/1/08