

# After School Athletics Academy



**Long Jump**



**Hurdles**



**Sprints**



**Exercise**

- Qualified Coaches
- 55 Minute Classes
- World Class Facilities
- Low Coach to Child Ratio
- Fun and Friendly
- Non - Competitive



**High Jump**

**New Level 1 & Level 2  
courses start at  
4.30pm, Tuesday  
26th March, 2019**

**Book Now!**

**Limited Places  
Available**

**Only €80 for  
10 Weeks**

**Phone: 0906483018    Web: [www.aitsport.ie](http://www.aitsport.ie)**

**AGES 8 AND OVER! LEARN AND DEVELOP SKILLS FOR HIGH JUMP, SHOT PUTT,  
SPRINTS, LONG JUMP, DISCUS, RACE WALKING, JAVELIN AND MANY MORE!!!**