

SPEED | AGILITY **STRENGTH | ENDURANCE**

A club for children aged between 10 and 14 years old, who consider themselves to be a high level athlete at their chosen sport, and who wants to take their training to the next level.

- **EDGBARROW SPORTS CENTRE**
- **MONDAYS 5.30PM**
- **STARTING 11TH SEPT**
- **FREE TRIAL**



BOOK ONLINE

www.stepupfoundation.org.uk/bsa

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