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**STEVENAGE AND NORTH HERTS ATHLETIC CLUB**

**RUN, JUMP or THROW**

**Holiday Athletic Programme Summer 2025**

**8yrs-14years only**

**Mon 28 – Thur 31 July, Mon 4 – Thur 7 Aug & Mon 18 – Thur 21 Aug**

Hurdles, Sprints (100m, 200m, relays), Endurance (800m, 1500m), High Jump, Long Jump, Shot, Discus, Hammer & Javelin.

In addition, beginner pole vault for ages 12 – 14 dates tbc

**10-3pm (bring your own packed lunch) £26 per session (£23 if five or more sessions booked)**

**or**

**10-12pm or 12:30-3pm £14 per session (£12 if five or more sessions booked)**

**Booking Link Below**

https://forms.gle/T4qXauwmRsXRwLmz5

**Part of the HAPpy Scheme for Children on Free School Meals – book through Playwaze**

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Enquiries [holidayclubsnhac@gmail.com](mailto:holidayclubsnhac@gmail.com) 

