

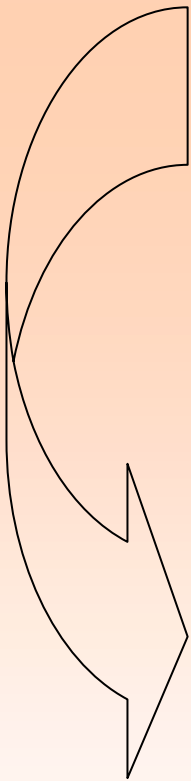


On Track



*Just
Family*

J.J.N.E.S.S.



What is “On Track”

It is an exciting new program designed for under 6's and NEW members to Little Aths. It is to teach the children the BASIC SKILLS before they are asked to be in competition.

How will they learn?

Children will participate in various fun, challenging games and activities which will teach them the basic skills not just for Little Aths but life in general. They will be taught by level '0' coaches who have completed a course on the program.

Will they still compete in any events?

Yes, they will compete in some running events.