

# BETTER ATHLETICS ATHLETICS COURSES? NOW THAT'S BETTER...

Our Athletic Programs are specifically created for the athletes of the future, using the latest Athletics 365 coaching resources; to deliver the most modern and complete coaching experience available.

Working on the principles of long term athlete development to improve the core fundamental aspects of Sport: Balance, Coordination and Agility, to make a complete athlete, as well as working on core athletic skills such as Running, Jumping and Throwing.

Want to find out more? Speak to a member of staff or visit [www.better.org.uk/lessons](http://www.better.org.uk/lessons)

## ATHLETICS PROGRAMME:

### Mile End Park Leisure Centre & Stadium

190 Burdett Road. Tel: 0208-709-4420

Tuesday - 4-5pm

Thursday - 4.30-5.30pm

Saturday - 11.30-12.30am

Better Athletics is a 14 week programme and you can join at any time.

To book visit [www.betterlessons.org.uk](http://www.betterlessons.org.uk) or speak with our customer service advisers.

All GLL courses are members only. All courses are subject to availability. For all enquiries and birthday parties please contact.

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In partnership with

**ATHLETICS 365**



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the feel good place