

KEILOR LITTLE



ATHLETICS CENTRE

Keilor Little Athletics Centre

Little Athletics is a modified athletics program for children aged 5 to 15 years.

The Keilor LAC Program runs weekly from October through to mid March.

Competition is most Saturday's between 9am to 12pm. Training is held weekly on Tuesday nights at 6pm.

Athletes participate and compete weekly with their friends during the season, learning and competing in the many disciplines of athletics, such as running (sprinting, hurdles, endurance running), jumping (long jump, high jump, triple jump) and throwing (discuss, shot put, javelin).

Keilor Little Athletics is held at the Brimbank City Council, state of the art synthetic running track located in Keilor Park.



COME AND TRY

29TH SEPTEMBER / 6TH OCTOBER

LITTLE ATHLETICS...FOR... FAMILY... FUN... and... FITNESS

...the Foundation for all Sports



Find Us Here



Stadium Drive, Keilor Park, just 5 minutes off
the Calder Freeway

Register your interest now at

www.keilorlac.org.au