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**STEVENAGE AND NORTH HERTS ATHLETIC CLUB**

**RUN, JUMP or THROW**

**Holiday Athletic Programme 2024**

**8yrs-14years only**

**July 29th- 2nd August, 5th- 9th August and 19th - 23rd August**

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

**In addition** PV and HT for those aged 12-14years only (dates to be arranged)

**10-3pm (bring your own packed lunch) £26 per session - £20 each for 5 or more**

**or**

**10-12am or 1-3pm £14 per session - £11 each for 5 or more**

**Booking Link Below**

<https://forms.gle/BfbLzMLiXXZPuY288>

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

![A picture containing grass, sky, outdoor, field

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

