



Wee Coles FUNDAMENTAL PROGRAMME

Commencing Saturday October 21st 2017



@ St Josephs Parish Hall from 10 – 11 AM
includes our healthy eating initiative £2.00 per session

Give your child a head start in sport by establishing a good basic foundation of fundamental skills so they can easily progress onto sport specific skills later on.

We Focus on the A,B,C's and R,J,T's of sport. That is agility, balance & co-ordination as well as running, jumping & throwing.