

Run, Jump, Throw

Our students recently took part in the Little Athletics Program for Schools, where they had the opportunity to develop their running, jumping and throwing skills through a range of fun, team-based activities. If your child enjoyed the program, we encourage you to explore the sport of athletics!

Summer track and field competitions run from October through to March, with Cross Country and Race Walking meets being held during the Winter months.

Find your Local Little Athletics Centre

Little Athletics is a great way to keep fit and builds the foundation skills of running, jumping and throwing through weekly athletics programs for young people aged 5 to 16 years. Registration opens 5 September.

To find your local centre, visit

walittleathletics.com.au

JOIN US FOR THE GO FOR 2 & 5 TRACK AND FIELD SEASON

The Go for 2 & 5 Track and Field Season offer weekly competitions for competitors aged 12 and above. Registration opens 1 October 2020.

For more information on Membership and Clubs, visit

athleticswest.com.au



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