

Chelmsford Sport and Athletics Centre February Half Term Courses



Chelmsford Track Stars of the Future

The day is designed to give young people the chance to come and try the many athletics events that Chelmsford Sport and Athletics Centre has to offer.

Tuesday 14th February
10am to 3pm
6 to 12 years old
£17.50
HATFD

On your Marks, Get set and go

On your marks, get set and learn to sprint like Usain Bolt. Participants will take part in a range of track and field events including sprinting, long jump and javelin and many more activities.

Wednesday 15th February
9.30am to 12.30pm
6 to 12 years old
£10.50
HATH1

Masterclasses

Masterclass coaching days are an opportunity to learn specific drills and progress at a specific event. Come along for the morning, afternoon or book for the whole day. The morning session will be sprints and hurdles. The afternoon session will be pole vault and javelin.

Thursday 16th February
Sprints / Hurdles: 10.30am to 12.30pm
6 to 11 years old – HATHSP1
12 to 14 years old – HATHSP2
£7

Pole Vault / Javelin: 1pm to 3pm
6 to 11 years old – HATHPV1
12 to 14 years old – HATHPV2
£7

All day: 10.30am to 3pm
6 to 11 years old – HATHMA1
12 to 14 years old – HATHMA2
£15

Quad Kids

Quad Kids is a national event that is designed to be fun, inclusive and gives athletes the opportunity to experience the core athletics disciplines of running, throwing and jumping.

The athletes will have the opportunity to take part in a number of track and field events including sprinting, long jump and many more events. Each child will receive a Quad Kid certificate.

Wednesday 15th February
1pm to 3pm
6 to 12 years old
£7
HATH2

Combination lunch 12.30pm to 1pm
£1.50

Multi Skills Athletics

This is a fun session that involves teaching children the basic concept of running, jumping and throwing whilst having fun in a safe environment.

Friday 17th February
10.00am – 11.00am
HATHMS - 4-6yrs
£4