



Seaforth Little Athletics Club 2019-2020 Registrations open Aug 1



Skills, Fitness, Friends and Fun

At SLAC we help athletes reach their full potential in an enjoyable atmosphere, with the experience of specialist coaches across a wide range of activities.

Learn new skills, improve fitness and have fun, whilst making new local friends both from within SLAC and across other local clubs.

Training is held Wednesday evenings at Seaforth Oval, starting from 11th Sept. Competitions are held ON Saturday mornings at the Sydney Academy of Sport. Visit www.seaforthlac.org from 1st Aug to register for the season.

 **Seaforth Little Athletics**

seaforthlac.org

*SLAC is part of Manly Warringah Little Athletics Centre.