

OE SPORTS COACHING



# MULTI SKILLS ACADEMY



@ St Mary's College, Hull

**THURSDAYS  
5-6PM  
(COMMENCING 30TH SEPTEMBER)**

**DEVELOPING SPEED, AGILITY, BALANCE & CO-  
ORDINATION SKILLS**

**£5 PER CHILD (£25 PER 6 WEEK BLOCK)**

**CHILDREN AGED 4 - 9**

# **OE SPORTS COACHING**

**All sessions are designed to develop the FUNdamentals of movement for children as part of the age specific Long Term Athlete Development programme. Motor skills such as speed, agility, balance & co-ordination will be developed across a six week programme.**

**£25 PER 6 WEEK BLOCK**

**LIMITED PLACES AVAILABLE!!!**

**STARTING THURSDAY 30TH  
SEPTEMBER**

**ST MARY'S COLLEGE ACADEMY HALL,  
CRANBROOK AVENUE**

**For more information or to book a place  
please email: [oesportscoaching@gmail.com](mailto:oesportscoaching@gmail.com)**