



AGES 9-14

OCTOBER CLUB

Monday to Thursday 16th - 19th October

9am - 12.15pm and 1pm - 4.15pm

Aberdeen City Campus

- Learn how to use gym equipment safely
- Weekly challenges to develop health and fitness
- Small, fun tournaments and competitions
 - Basic fitness testing
- Develop leadership skills and self confidence

£40 for 4 days (fee waiver may be available)
For more information or to book a place,
contact centraladmin@nescol.ac.uk

DODGEBALL
BASKETBALL
KICKBOXING
FOOTBALL
AND MORE!