

Coram's Fields After School Sports Programme

Feb 25th-April 5th

ALL SESSIONS AT CORAM'S FIELDS ARE FREE OF CHARGE FOR BOYS AND GIRLS OF ALL ABILITIES AGED BETWEEN 5-19 YEARS

M

ARSENAL KICKZ
FOOTBALL
(5-7pm)
8-12yrs



GIRLS' FOOTBALL
COACHING
(5-6pm)
13-16yrs

T

DODGEBALL
(Guide Hall)
(4.30-5.30pm)
5-10yrs



CORAM'S FC
TRAINING
(6-7pm)
12-16yrs

GIRLS' GYM PROJECT
SOMERSTOWN
(5-6pm)
14-19yrs



W

INCLUSIVE FOOTBALL
SESSION
(5-6PM)
6-11yrs & 12-16yrs



8-A-SIDE FOOTBALL
(5-7pm)
15-19yrs

FITNESS TRAINING
(B-Ball Court)
(7-8pm)
13-19yrs

T

ARSENAL KICKZ
FOOTBALL
8-12yrs- (5-7pm)
13-19yrs- (6-7pm)



CORAM'S FIELDS
U16 YOUTH LEAGUE
(7-8pm)
12-16yrs

F

FOOTBALL COACHING
(4-5pm)
5-10yrs

GIRLS' FOOTBALL
COACHING
(5.15-6.15pm)
8-12yrs

Nuffield Health
Fitness & Wellbeing
GYM PROJECT
(6.30-8pm)
16-19yrs



For more information, please contact Edel Maher -Sports Development Officer
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