

# Coram's Fields After School Sports Programme

**April 23rd - May 24th**

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

**M**

**BASKETBALL COACHING**  
(Outdoor Courts)  
(4-5pm)- 5-10yrs



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

**T**

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



**NFL FLAG FOOTBALL**  
(5.30-6.30pm)- 10-14yrs



**CORAM'S FC TRAINING**  
(6.30-7.30pm)- 12-16yrs

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

**W**

**INCLUSIVE FOOTBALL**  
(For children with disabilities)  
(5-6PM)



6-11yrs & 12-16yrs



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

**BASKETBALL**  
(Outdoor Courts)  
(7-8pm)- 13-19yrs

**T**



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



**ARSENAL KICKS  
FOOTBALL**  
(6.30-8pm)- 13-19yrs

**F**

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



**SSE WILDCATS  
GIRLS' FOOTBALL**  
(5.15-6.15pm)- 8-11yrs

**SERVES TENNIS**  
(5.15-6.30pm)- 5-12yrs



**GYM PROJECT**  
(6.30-8pm)- 16-19yrs

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