

14, 16, 17 April 2025



EASTER RUNNING CAMP

**Join our Physio-led School Holiday running program.
All skill levels catered for.**

Monday, Wednesday, Thursday

5-7 year olds: 10am - 11am

11+ years: 11.15am - 12.15pm

Taking expressions of interest for 8-10 years



Activities


- Running drills for speed & form ●
- Fun agility drills to improve coordination & speed ●
- Injury prevention/management tips ●
- Developing power & strength for jumping ●
- Collaborative games ●
- Active play for health & fun ●

**\$90 for all 3 sessions.
Bookings required.**



Location
George Knott Athletic
Field, Heidelberg Rd
Clifton Hill 3068



Contact us
9481 2348 
admin@bodyfitphysio.com.au