

Link4Life



## **Weekly Athletics Coaching with Rochdale Harriers** for people with disabilities

**Every Thursday evening  
6.00-7.00pm each week**

**Cost £1.25 per session**

**Come along and have-a-go at various athletics disciplines. Try out javelin, discuss, long jump, high jump and running plus lots more with qualified coaches from Rochdale Harriers.**

*Please note in the event of bad weather the sessions will take place in the sports hall.*

# **Springhill** Sports Centre & Athletics Arena

Turf Hill Road, Rochdale, OL16 4XA | T: 01706 750894 | W: [link4life.org/springhill](http://link4life.org/springhill)

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610

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