



Oswestry  
Olympians



## WINTER TRAINING FROM SEPTEMBER - APRIL

You can attend any sessions you want to for your age group. New members are very welcome, club membership is free for the first month.

<b>WINTER</b>	<b>SENIORS</b> Runners and Triathletes	<b>JUNIORS</b> Athletes and Triathletes
<b>Monday</b>	<b>CLUB RUN</b> 6.30 Leisure Centre - Free	
<b>Tuesday</b>	<b>CIRCUIT TRAINING – FOR ALL CLUB MEMBERS, JUNIORS AND SENIORS</b> 6pm – 7pm Marches Gym - £1.50 (minimum age Year 7)	
<b>Wednesday</b>	<b>CLUB RUN</b> 6.30 Leisure Centre - Free	
<b>Thursday</b>		<b>SPORTS HALL TRAINING / STRENGTH AND CONDITIONING</b>  5-6pm U11's (School years 4,5,6) 6-8pm U13/15/17/20's (School Year 7 upwards)  Marches Sports Hall - £1.50/ hour
<b>Friday</b>	<b>INFORMAL RUN</b> 6.15 Ellesmere Central Car Park - Free  <b>COACHED SWIMMING SESSION</b> 7.30pm – 8.30pm Oswestry School - £3	<b>SPORTS HALL CORE TRAINING/ SWIMMING</b>  6pm – 7.30pm Oswestry School - £2
<b>Saturday</b>	<b>INFORMAL RIDES AND RUNS AS ARRANGED BY GROUPS/INDIVIDUALS</b>	<b>CROSS COUNTRY/HILL RUNNING ENDURANCE</b> 11am – 12pm Gatacre Playing Fields - Free
<b>Sunday</b>		

FOR MORE INFORMATION ABOUT THE CLUB AND CONTACT DETAILS PLEASE GO TO OUR WEBSITE:-  
WWW.OSWESTRYOLYMPIANS.COM WE LOOK FORWARD TO WELCOMING YOU!