



- Hurdles
- Javelin
- Shot Putt
- Sprinting
- Hammer
- Discus
- High Jump
- Long Jump
- Triple Jump

RUN JUMP THROW



Come along and try our exciting and fun new classes which focus on the development of boys and girls athletic skills. You will have the opportunity to participate in many disciplines including Hurdles, Shot Putt, Long Jump and much, much more.

For more information please read our Q&A section or contact reception 01383 602212.

The Run Jump Throw sessions are delivered in association with Active Fife Sports Development



Sessions designed for
ages 5 - 12 years

Visit us online for more information
www.fifeleisure.org.uk

Q&A RUN JUMP THROW

Who is it for?

Children aged from 5 to 12 years old, with graded levels from 1 to 4 and then progressing onto development squad classes.

Level 1 - 2 For the youngest age category, activity is multi-activity/skill based using a variety of fun games and activities, promoting general skill development of fundamental movement skills.

Levels 3 - 4 For the older aged children, activity should still remain general, developing run, jump and throw activity, but can start introducing the general concepts of training in a fun environment.

Development classes are the next level after level 4, children will be moved to these classes once the coaches determine that they have met the class criteria.

Run Jump Throw Pathway

Part of the Run Jump Throw partnership is to create a clear pathway to clubs that is athlete focused. Dunfermline Track & Field Club and Pitreavie Amateur Athletic Club may at some point offer your child an opportunity to attend a club taster session

Both clubs offer a similar experience and it is your choice as a parent / carer in consultation with your child, as to which club they may wish to join. If your child wishes to join a club and still continue at RJT this is also an option. Equally if your child before or after the taster session does not wish to participate in club athletics they are welcome to remain in their regular RJT class.

When can I book or re-book?

These classes run during Fife School term time, 4 blocks per year. You can join part way through a block, providing there are spaces available. Space permitting we offer come and try sessions charged at the cost of one class.

Re-booking takes place in the final two weeks of block and priority is given to current participants.

- 2nd last week of block is for children staying in same class.
- Last week of block, is for children selected to move levels or for current parents wishing to change their child's day, providing there are spaces.

The remaining spaces are made available for public sale, the first Sunday after the end of each block.

How do I pay?

Block payment: Pre-payment is required at the time of booking your class, together with a completed participant registration form.

Any further questions?

If you have any further questions please contact:
Pitreavie Athletics Centre Queensferry Road, Dunfermline, KY11 8PP.
Email pitreavieac@fifeleisure.org.uk or Telephone 01383 602212



Timetable

Day	Time	Level
Monday	4.15pm - 5.00pm	1 - 2
	5.15pm - 6.15pm	3 - 4
Wednesday	4.15pm - 5.00pm	1 - 2
	5.15pm - 6.15pm	3 - 4
Thursday	4.15pm - 5.15pm	Dev
	5.15pm - 6.15pm	Dev
Friday	4.15pm - 5.00pm	1 - 2
	5.15pm - 6.15pm	3 - 4