

# Inspired by Olympic Role Models?



**Why not try athletics....and become**  
...fitter...faster...healthier...



## **Poole Athletic Club** offers you...

- Dorset's first Club-Mark accredited athletic club
- Fully qualified coaches
- Widest spectrum of training in Poole & East Dorset
- Excellent competitive opportunities
- First Session – FREE!
- Chance to meet friends & have fun

***Be part of a winning team***

### **Training for Juniors:**

**Between 6.00-8.30 Tuesdays Track training**  
**Spring/Summer Track & Field Training 10.30**  
**AM Saturdays (Sportshall 16.30 in the Winter)**  
**Other sessions available just contact us!**

### **EMAIL:**

**Mark Pauley on**  
Juniorchairman@pooleac.co.uk

### **Visit:**

**[www.pooleac.co.uk](http://www.pooleac.co.uk)**

*Let Poole Athletic Club help unlock your athletic potential*



***(Founded 1897)***