

# Tir Chonail Athletics Club



## Summer Camp

Get Set  
For

1<sup>st</sup> to the 5<sup>th</sup>  
July

Abbey Voc  
School

Prices you can afford

- One family member €55
- Two family members €90

All staff are qualified and Garda  
Vetted

Child Protection Officer available every  
day



### Activities include

Gymnastics, trampoleening,  
Sportshall Athletics, Ball Games,  
Badminton, Volleyball, Dance, Art,  
Orienteering

Specific Athletics Programme

For 12 to 14 year olds

Introduction to Pole Vault, Sprints,  
Hurdles, Shot, Javelin, High and  
Long Jump, Shot, Discus, Javelin  
and Hammer



### Book Now

Jacqui Harvey

074 9721578/086 405282

Return completed  
application

forms to All Sports or  
Cara Pharmacy, Donegal  
Town

[www.tirchonailac.com](http://www.tirchonailac.com)



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