



WHO CAN DO LITTLE ATHLETICS?

There are **over 50 Little Athletics venues** throughout metropolitan and regional SA. All of which cater for children aged **3 to 17 years**, with many centres able to accommodate athletes with disabilities. No matter what your skill level or ability may be, Little Athletics is all about **family, fun & fitness** and making sure you can be your best!



www.littleathleticssa.com.au



office@salaa.org.au



Little Athletics SA



Littleathssa



TOYOTA

"Toyota Australia is delighted to partner with Little Athletics SA and the LAPS program, a sporting organisation that shares our company's passion for supporting local legends everywhere!"

WIN

**A FAMILY MEMBERSHIP
AND AFL TICKETS!**

Did you enjoy your Toyota LAPS session? Enter the Toyota LAPS competition and go into the running to WIN a FREE family membership to Little Athletics AND tickets to your chosen AFL match.

To view T&C's and to enter visit
salaa.org.au/TOYOTALAPS

WHAT EVENTS CAN I DO?

Depending on your age group Little Athletics offers: Sprints, Middle and Long Distances, Hurdles, Relays, Walks, Shot Put, Discus, Javelin, High Jump, Triple Jump and Cross Country.

HOW DO I JOIN?

Simply visit our website, littleathleticssa.com.au to find a centre near you. Once you have found your centre, follow the prompts to complete the online registration process.

We welcome children to join at any point throughout the season, which runs from September - July.

STILL NOT SURE?

Why not sign up for two COME AND TRY sessions at any one of our centres?

For all questions, call 8352 8133 or email office@salaa.org.au

BE YOUR BEST®

HOW WILL I LEARN?

All of our centres have coaches to help you improve and learn about athletics. Learning is fun and in no time you will see your personal best (PB's) performances improve.

