



Aged 14 to 21?
Why not join us for our FREE Sports Camp!!!

1 Mile Away supports disadvantaged young people to lead safe and fulfilling lives and we're offering a FREE Sports Camp.

If you are interested in keeping fit and want to take part in a range of sporting activities over an 8 week period, why not sign up to our **FREE sports programme?**

Delivered by fully trained coaches activities are open to both males and females between the ages of 14 and 21. You will have the opportunity to take part in a range of activities such as football, mixed training and agility sessions which give you the opportunity to improve performance in specific sports. Sessions start on **13th January 2017** and run to mid-March.



Transport is provided from our base in Aston on a first come first serve basis. Please book transport in advance.

Places are limited so book early to guarantee your place!

Location & Time:
Fridays - 6pm to 7 pm
@ Laurel Road Community Sports Centre, Handsworth

To register contact:
Duane: 07535 668 244
Blaine: 07984 121 972

1MA @ Birmingham Settlement
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Sportivate

