

NIA SPORTS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2.00 pm					
3.00 pm			Little ATHLETICS		
4.00 pm	ATHLETICS Level 1,2,3,4	ATHLETICS Level 1,2,3,4	ATHLETICS Level 1,2,3,4	MULTI-SPORTS	
5.00 pm	ATHLETICS Level 1,2,3,4, NIA LIVE ACADEMY		ATHLETICS Level 1,2,3,4, NIA LIVE ACADEMY	MULTI-SPORTS	
	MULTI-SPORTS				
6.00 pm	ATHLETICS Level 1,2,3,4		ATHLETICS Level 1,2,3,4	ATHLETICS Level 1,2,3,4	

CLASS AGE GROUPS

Little Athletics:	2-6 years
Little Sports:	2-6 years
Athletics Level 1:	6-14 years
Athletics Level 2:	6-14 years
Athletics Level 3:	6-14 years
Athletics Level 4: (All levels ability based)	6-14 years
NIA LIVE ACADEMY	12-18 years
Multi-Sport Academy (All abilities)	5-12 years

Little Athletics

This is the perfect springboard into all sports for pre-schoolers. Learn to run, jump and throw in an indoor, safe environment in a world class facility guided by our trained coaches.

ATHLETICS

Athletes will progress through the different levels upon completion of each level's Competency Challenges. These Competency Challenges involve the key elements of track and field which are Running, Jumping and Throwing.

MULTI-SPORTS

A mix of fun sports games and challenges will focus on correct techniques for running, walking, dodging, catching, throwing, kicking and jumping. Not only will your child develop a love of physical activity and sport, the academy will develop key movement skills which will help them in other activities.

Little Sports

Our little sportstars will develop their muscle memory and skills through fun sport practices that will prepare them socially and for sport practices when they move on to club level.

NIA LIVE ACADEMY

This Academy is aimed at athletes who want to perfect techniques in their own specific events.

This academy gives you the perfect spring board into competitive athletics in any regional or national event.

TERM PRICING

All Classes €100 for
10 Week Term



Coaches are all athletics Ireland Qualified

