

Fundamental Movements



**We are offering 4 sessions of
"Fundamental Movements" with Paul's ABC's
to our U12, U14 & U16 girls!**

Askeaton Community Centre

7-8pm & 8-9pm

(time slot confirmed closer to via WhatsApp)

Cost for all four sessions is €10 per girl or

€20 for family of three

Payable on the first night.

Registration with ABK LGFC is a requirement to take this course.

Sign up today!



FEBRUARY 10TH

FEBRUARY 17TH



Pauls