

OPEN TRAINING



Free training with our professional coaches
Saturday 8 February, 9.00-11.00am

Ages 7-11. All abilities welcome.







FOOTBAL

Come and experience an exciting morning of sport with our expert coaching staff!
Girls are invited to train in our bespoke female Football and Netball sessions, while
Boys will take on Rugby and Football. Our coaches are ready to guide players of all
ability levels through games, skill development and sporting strategies to help you
elevate your game.

BOOK YOUR PLACE HERE

stios.co.uk