



Herts Rugby

RETURN TO RUGBY!

Free 6 Week Course!



Thinking about returning to playing rugby or trying it out for the first time? Sign up to our free 6 week training course! Receive coaching by RFU qualified coaches in a safe and fun environment. Men's over 18's only.

24th of April - 29th of May 2023

Mondays @ 7:30pm til 9pm

St Albans RFC

38 Oaklands Lane, St Albans,

Herts, AL4 0HR

**Contact Phil Brunt for more
info & to book your place today!**

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