



ORIENT

Get fit and
learn the skills
of the sport of
Orienteering.
Available
throughout the
winter months, from
September to March.

**Fitness & Skills Sessions
at Stainburn School
Tuesday Evenings
6.30 - 8.30pm
in the new Sports Hall**

Cost £2 per session payable on the night.
Open to all ages and abilities.

Skills Sessions are from 7.45 to 8.15pm

Session 1 - Reading the Map

Session 2 - Orienteering Skills

Session 3 - Analysing performances

Session 4 - Electronic Courses/Races

Session 5 - Games

The five sessions will repeat over the following weeks.

Details of the schedule will be on the website

www.wcoc.co.uk