

Orienteering head in the right direction!

Sessions of fitness training and mental challenges for orienteering.

Based at **Stainburn School**

on **Tuesday** evenings,
Spring 2010.

*Continuing
throughout 2010*

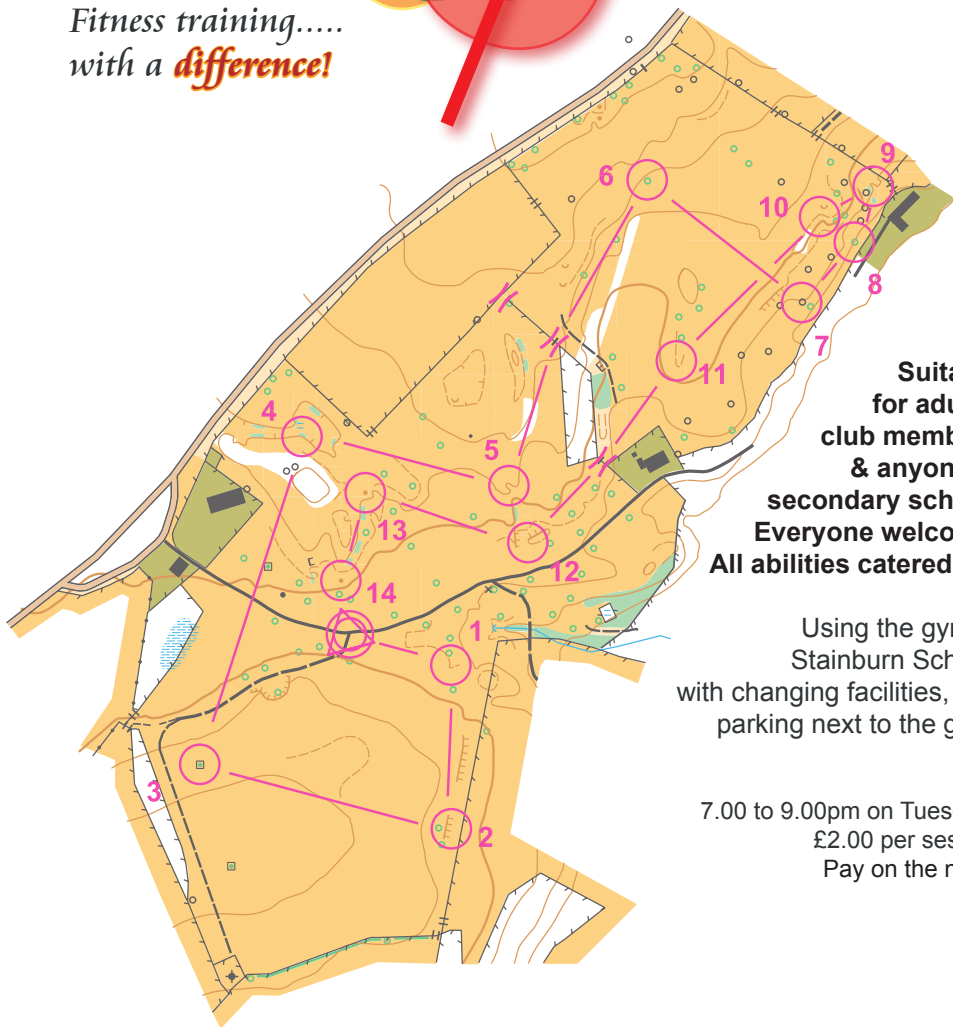
ORIENT

Fitness training.....
with a *difference!*

Details of the sessions
on the website

www.wcoc.co.uk

Book your place by email
rogersjackson@msn.com



**Suitable
for adults,
club members
& anyone at
secondary school.
Everyone welcome.
All abilities catered for.**

Using the gym at
Stainburn School,
with changing facilities, and
parking next to the gym.

7.00 to 9.00pm on Tuesdays
£2.00 per session
Pay on the night.