

**Classification** Other event

**Discipline** Foot

**Classes** This event has no classes

**Punching system** SI

**Status** legacy

**Organiser** Toohey Forest Orienteering Club

**Contact phone** 3345 4527

**Contact email** [robinsimson5@bigpond.com](mailto:robinsimson5@bigpond.com)

### Toohey Forest Orienteering

GET GOING Active Recreation-BUSH SERIES and Introductory Coaching

**Getting going with GET GOING active recreation! February BUSH SERIES for families, teenagers and adults alike.**

### Sunday afternoons starts 1.30pm

Each session will begin with a one hour coaching session followed by a practise course of either 2.5km or 3.8km. There will also be some introductory coaching and participation games suitable for children (6-12years).

**Cost:** \$5 per family group or individual plus \$2 for a deposit for each electronic SI timing stick hire.

**Contact:** To register for the events or for more information contact Rob Simson  
Phone: 33454527 or Email: [robinsimson5@bigpond.com](mailto:robinsimson5@bigpond.com)

### Courses also available

In conjunction with the coaching sessions, three courses will be set - hard (4.5km), moderate (3km) and easy (1.5km). Orienteers are welcome to attend and complete a course independent of the coaching sessions. No pre-entry is required.