

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

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

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.