

## GET GOING-BUSH SERIES and Intro coaching

Sunday 16th February 2014 00:00 - 00:00 EST

**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.