



Orienteering Coaching & Development Sessions

Want to improve your orienteering skills?
The perfect opportunity to brush up on your navigation skills.
Learn how to complete easy -> moderate orienteering courses successfully.

You can attend any or all the coaching workshop events.
One hour coaching workshop, then test your skills out on course.
Fun social way to skill up, and get out orienteering.

6 Coaching Sessions with 6 Park-O Events

DATE	LOCATION	Coaching Workshop	Event Start	Coaching Workshop	Event Cost (non-mem.)	Event Cost (members)
27 th October	Springfield Lakes Springfield	2>3pm	3>4pm	\$2	\$8	\$6
3 rd November	Queens Park, Ipswich	2>3pm	3>4pm	\$2	\$8	\$6
10 th November	Anzac Park, Toowong	2>3pm	3>4pm	\$2	\$8	\$6
17 th November	City Botanical Gardens, Brisbane	2>3pm	3>4pm	\$2	\$8	\$6
24 th November	Rainbow Forrest, Fig Tree Pocket	2>3pm	3>4pm	\$2	\$8	\$6
1 st December	Robelle Domain, Springfield	2>3pm	3>4pm	\$2	\$8	\$6

What Orienteering & Navigational Skills are covered?

- * How to Orientate Maps
- * Interpret Contours
- * Understand Map Symbols & Course markings
- * Techniques for Handrails, Attack points, Collecting Features & Aiming Off
- * Keys to completing basic park & street courses successfully
- * Introduction to Bush Orienteering.

To Register:

Contact: Su Yan Tay
 Email: suyantay@gmail.com
 Telephone: 38712397



Please register with Su Yan by 9pm Wednesday prior to the session.

All events are listed on the Orienteering Qld website for more details. www.oq.asn.au
