

## Introduction to Orienteering Hazlehead Park

Saturday 14<sup>th</sup> & 28<sup>th</sup> April and 12<sup>th</sup> May 2018 10.30am -12pm

**Do you enjoy exploring outdoor spaces? Would you like to learn new skills, have fun and meet new people?**

**Do you want a sport the whole family can enjoy together? Where you can all progress at your own pace and enjoy a unique sense of achievement?**

**Then orienteering is the sport for you.**

**WHAT?** Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map. In competitive orienteering the challenge is to complete the course in the quickest time choosing your own best route.

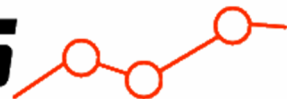
**WHO?** It doesn't matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you. Orienteering is a fulfilling sport for runners and walkers of all ages who want to test themselves mentally as well as physically or who want to add variety to their leisure activities.

**WHERE?** Orienteering can take place anywhere from remote forest and countryside to urban areas, parks and school playgrounds. There are orienteering events on all year round in Aberdeen, Aberdeenshire and further afield.

**HOW?** Grampian Orienteers are running a series of introductory sessions suitable for individuals and families (with at least one child P5 or older). Both juniors and adults can participate at the same time, at levels appropriate to their age and experience (at least one adult is expected to stay for the duration of each session where children are participating). It is preferable that you attend all 3 sessions but please get in touch if you can only make some of the dates.

For block of 3 sessions: £9 per child (up to age 20), £18 per adult. Includes coaching, membership of Grampian Orienteers and Scottish Orienteering Association valid to Dec 2018.

To register please download registration form from [www.grampoc.com/intro](http://www.grampoc.com/intro) or email [grampoc@gmail.com](mailto:grampoc@gmail.com) for more information.



## Registration Form

Please complete the details below and return to [grampoc@gmail.com](mailto:grampoc@gmail.com) or [hj\\_rowlands@yahoo.com](mailto:hj_rowlands@yahoo.com) by 7<sup>th</sup> April 2018.

£9 per child , £18 per adult

Payment by bank transfer to Grampian Orienteers account (details will be provided when we acknowledge receipt of your form) or by cash or cheque on the first day.

Further details will be emailed to participants prior to the first coaching session.

**Email address:**

**Postal address:**

### Names of participants and year of birth

1. ....
2. ....
3. ....
4. ....
5. ....

**Contact Telephone Number** .....

For further details contact Helen Rowlands [hj\\_rowlands@yahoo.com](mailto:hj_rowlands@yahoo.com)

**For further details about orienteering, take a look at the following websites:-**

<http://www.grampoc.com>

<http://www.scottish-orienteering.org/>

<http://www.britishorienteering.org.uk/>