

# Introduction to Orienteering

Sundays Jan 19th, Feb 2nd, 9th, Mar 1st  
2020 10:30-12:30

Sessions are aimed at family participation with full coaching provided and are suitable for families with at least one child age 8 or older. Both juniors and adults can participate at the same time

Jan 19th: Basic introduction and skills coaching, Cambus o' May  
Feb 2nd: Taking part in a local event, Balnagowan near Aboyne  
Feb 9th: Skills coaching at Scolty, Banchory  
Mar 1st: Skills coaching at Dinnet

Please note that at least one adult is expected to stay for the duration of each session. It is preferable that you attend all 4 sessions but please get in touch if you can only make some of the dates.

Fees £18 per child, £36 per participating adult, family (1 adult, 2 children) £66, £12 per extra child  
This includes coaching and event entry fees for the block and membership of Mar OC, British Orienteering and Scottish Orienteering Association valid to Dec 2020.

Please contact Sarah Dunn: [sarah@scottish-orienteering.org](mailto:sarah@scottish-orienteering.org) to receive more information and an application form.

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

<http://www.marocscotland.org.uk/home/>

Facebook <https://www.facebook.com/marorienteeringclub/>

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