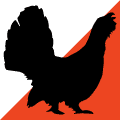
**Mar Orienteering Club**

Sundays Aug 28th, Sep 4th, 18th, 25th 10:30-12:30 2016

Orienteering is an exciting outdoor adventure sport which involves navigating around a course using a detailed map and sometimes a compass.   The aim is to navigate in sequence between a set of control points and decide the best route to complete the course in the quickest time.

Mar Orienteering Club are running a block of introductory orienteering sessions aimed at family participation with full coaching provided.

The sessions are suitable for 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.

Aug 28th: Introductory skills coaching session, Dess Wood nr Aboyne

Sep 04th: Introductory event participation, Carlogie by Potarch

Sep 18th: Further skills coaching session, Glen o’ Dee, Banchory

Sep 25th: Coaching and course practice, Bogendreip by Strachan

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.

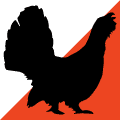
Fees £12 per child, £24 per adult, family (1 adult, 2 children) £40 to include coaching and event entry fees; membership of Mar OC, British Orienteering and Scottish Orienteering Association (until end 2016).

Please return the attached registration form together with a cheque made payable to Mar Orienteering Club or pay direct to bank (account details on request).

**Have you got kids with a sense of adventure? Who love to learn new skills, make new friends and have fun in the fresh air?**

**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.**

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**Registration Form**

Please complete the details below and send with a cheque for £12 per child / £24 per adult payable to Mar Orienteering Club to Sarah Dunn, Gardens Cottage, Dess, Aboyne, AB34 5BA.  Application forms must be received by Thursday 25th Aug 2016.

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

**Email address of parent / guardian**

**Postal address of family**

**Names of participating children and dates of birth**

**1. .......................................................**

**2. .......................................................**

**3. .......................................................**

**Names of parents / guardians and dates of birth**

**1. ....................................................... participating / non-participating\***

**2. ....................................................... participating / non-participating\***

**\*Please delete as appropriate**

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

For further details contact Sarah Dunn, dessdunn@gmail.com

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

[**http://www.marocscotland.org.uk/home/**](http://www.marocscotland.org.uk/home/)

[**http://www.scottish-orienteering.org/**](http://www.scottish-orienteering.org/)

[**http://www.britishorienteering.org.uk/**](http://www.britishorienteering.org.uk/)