



COME AND HAVE A GO AT...

# ORIENTEERING

HAVE FUN, GET FIT AND LEARN NEW SKILLS!



## Southampton Orienteering Club Night (SOC)

Every Thursday 6:30 - 8:30pm  
during school term time

Feb 25th to July 15th - 2010

Adults £1 Juniors 50p

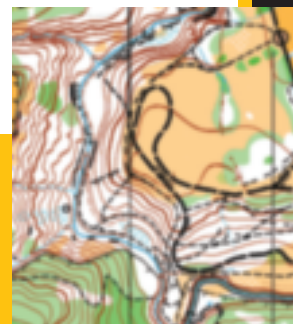
At the Gregg School - Hall and Grounds,  
Cutbush Lane, Southampton, SO18 2GF

### Activities include:

- > Fun physical indoor and outdoor training activities
- > Speed, agility and quickness exercises
- > Indoor and outdoor orienteering skills development
- > Coaching and technical training

*No experience necessary*

**Suitable for all fitness levels, ages and abilities.  
Everyone welcome including families and individuals.**



For further information contact:

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[www.southampton-orienteers.org.uk](http://www.southampton-orienteers.org.uk)

