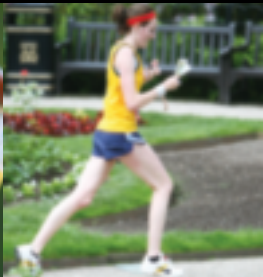




COME AND HAVE A GO AT...

ORIENTEERING

HAVE FUN, GET FIT AND LEARN NEW SKILLS!



Southampton Orienteering Club (SOC) -- Activity Evenings --

Every Thursday 6:30 - 8:30pm Sept 16th to Dec 16th - 2010. - Adults £1 Juniors 50p

Alternating weekly between Fleming Park, Eastliegh SO50 9NL (1st night 16th Sept) & the Gregg School, Cutbush Lane, Southampton, SO18 2GF (1st night 23rd Sept)

Activities include:

- > Group runs
- > Circuit training
- > Indoor and outdoor orienteering exercises
- > Problem solving activities

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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Kevin Bracher 02380-860477

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www.southampton-orienteers.org.uk

**CLUB
MARK**

