

Orienteering

- Focus on Girls -

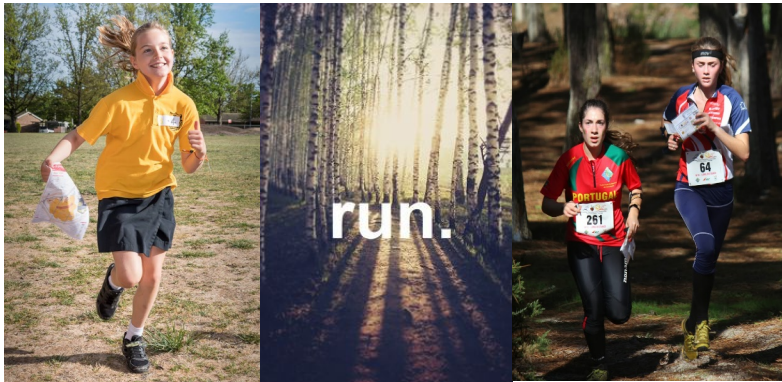
(+ their mums!)

Target Age: 9 - 14yrs
(+parent/guardian present)

4 Friday afternoons 4pm - 5pm

Starting Friday 8th of February 2019

- for girls (and MUMS!) with an appetite for adventure



When & where

8 Feb Remembrance Park

15 Feb ANU (south)

22 Feb Black Mountain Peninsula

1 March Lennox Gardens

What to bring

Drink bottle and sunhat

A friend with a hunger for adventure

Mum who is keen to try something new

Snacks and a smile to share

Gold coin donation

RSVP Toni by text to 0411 968 001



FoG Orienteering

Girls between 9 - 14 years old

Keen to learn more about orienteering?

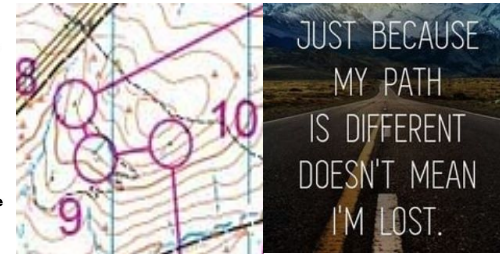
Like problem solving?

- Join FoG! -

If you want to get fit, go running



If you want a different life
Go Orienteering

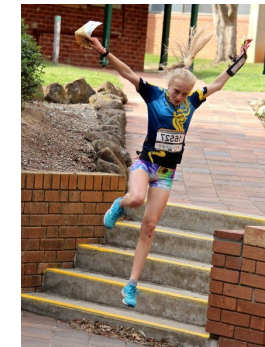


Focus on Girls (FoG)

- is a series of Orienteering training sessions targeting girls who want to learn more and love adventure!

These sessions help girls to move beyond the school grounds and into forest running.

- Wild Running -



For more information visit
act.orienteering.asn.au

