

COME AND HAVE A GO AT  
**ORIENTEERING**

HAVE FUN, GET FIT AND LEARN NEW SKILLS!



**Prudhoe Orienteering Club Night**  
 Every Wednesday in term time 6:15 – 8:00 p.m.  
 West Centre @ Prudhoe High School

- Activities include:
- > Fitness Training
  - > Circuit Training
  - > Indoor and outdoor orienteering exercises
  - > Problem solving activities
- No experience necessary*

Adults £2 Children £1

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



**Newcastle & Tyneside**  
 Navigating from Tyne Banks to Tweed



**24<sup>th</sup> Sept: Club Night this week. Black, Blue, Green and Brown competition. Come along to find out!!!**