



# FAMILY

# ORIENTEERING COACHING DAY

CLYNE VALLEY COUNTRY PARK  
12TH APRIL

### Activities:

- map reading
- using a compass
- games and challenges
- try a course - or two

No experience needed. Just curiosity and a sense of adventure.

**All equipment provided**

### REGISTER AT

[SBOCFunDays@gmail.com](mailto:SBOCFunDays@gmail.com)



*New Skills*  
**INDEPENDENCE**



*Exploration*  
**ADVENTURE**

*Run*  
**WILD**



*Build*  
**RESILIENCE**



# FAMILY

## ORIENTEERING COACHING DAY



CLYNE VALLEY  
COUNTRY PARK  
12TH APRIL

Learn together. Compete together. Navigate with confidence.

Join us for a hands-on Family Orienteering Coaching Day designed to help families build real navigation skills while having fun outdoors. Whether you're brand new or looking to race smarter, this day is all about learning, teamwork, and confidence.

Our experienced coaches will guide you through practical skills, fun challenges, and mini courses that turn maps into adventures.

### What You'll Learn

- How to read maps and use a compass with confidence
- Smart route choice and decision-making
- Tips to race faster by thinking smarter

### What to Expect

- Interactive coaching sessions for all ages
- Skill-building games and short courses
- Supportive, encouraging coaching environment

### Who It's For - Everyone

- Families new to orienteering
- Families wanting to improve their Orienteering performance

Build skills that last a lifetime, create shared memories, and discover how fun navigation can be.



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# FAMILY ORIENTEERING COACHING DAY



CLYNE VALLEY COUNTRY PARK  
12TH APRIL

**Parking:** Car Park off Ynys Newydd Road, Swansea  
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**Meeting Point:** Next to the information sign in the Main Car Park

**Starting:** 10:00am at the meeting point

**Finishing:** 13:00 or a bit later if people want to run more than one course

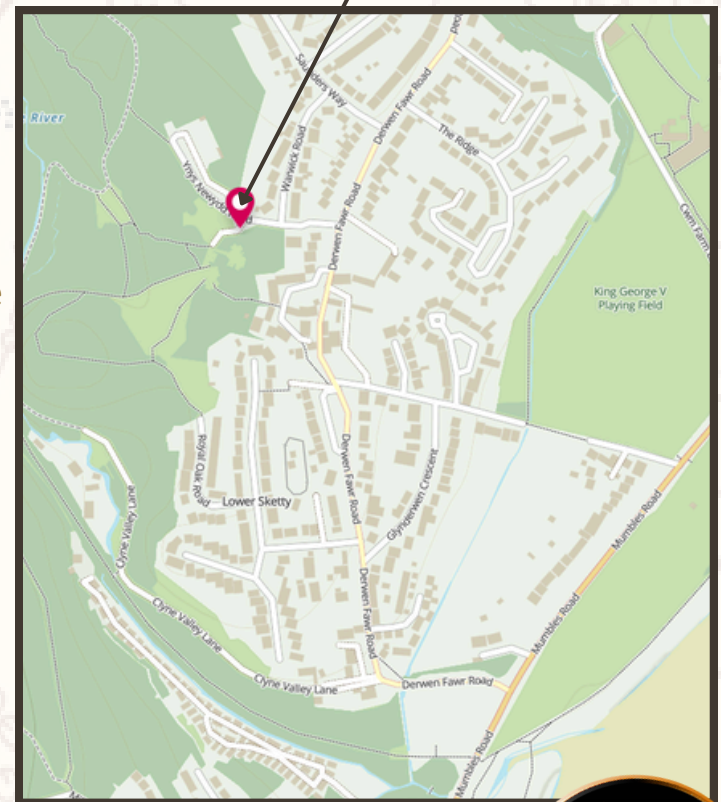
**No previous experience needed, all equipment is provided.**

**You will need to bring suitable shoes and clothes for the weather, food and drink.**

**If you have your own compass, please bring it along.**

**There are no facilities in the park.**

Car Park & Meeting Point



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