



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENJOY THE OUTDOORS

## Orienteering Workshop ANN ARBOR YMCA

Orienteering is a sport involving navigation with map and compass. Participants attempt to visit, in sequence and as quickly as possible, control points that are indicated on the map.

Join us for this two-part workshop led by **Allan Newman**, a former national champion and course setter for the US national championships and team trials.

The workshop is designed for people who want to learn about orienteering and includes one classroom session, which covers orienteering skills and strategies, and a field session that takes place one hour before an actual orienteering meet.

**Prerequisites:** Participants must be able to run at least 3 miles, own a watch with a stopwatch, and a compass (available at most outdoor specialty stores).

**Dates:** Thursday, April 14 (classroom session, 6–7:30 p.m. in the YMCA Michigan Room) and Sunday, April 17 (11:00 a.m. at Mill Lake, Waterloo Recreation Area, before the 12:00 p.m. orienteering meet).

**Fee:** \$12 for members, \$20 for community members. (Y fees do not include \$10 fee for the Mill Lake Orienteering Meet)