



LFWI LEISURE ACTIVITIES SUB COMMITTEE

NORDIC WALKING TASTER

Date: Wednesday 16th October 2019

Start Time: 10.00 to 12.00 (morning) and 1.00 to 3.00 (afternoon)

Venue: Avenham Park, Preston

Cost: £15.00 each

A Nordic Walking Taster has been arranged around Avenham Park, Preston. There will be 2 sessions, one starting at 10.00 am and the other at 1.00 pm. Nordic walking is a whole new way of experiencing the great outdoors. Poles and smiles provided. The session will take 2 hours and covers everything you need to become a competent Nordic Walker and includes a “passport” to enable you to register with Nordic Walking UK which allows you to walk with any other UK instructor.

If you would like more information, please contact Kathy Gemmell. Tel No. 01772 631707 or email kathy.gemmell@btinternet.com

Closing Date: Thursday 3rd October 2019

June 2019

NORDIC WALKING TASTER

Wednesday, 16th October 2019

Name of WI

Secretary (or contact)

Address **Postcode**

Tel. No. **Email**

Number of Members wishing to attend @ £15.00 per person

10.00 am **1.00 pm**

Please return this form to: The Federation Secretary, 8 Croston House, Lancashire Business Park, Centurion Way, Leyland, PR26 6TU

Closing Date: Thursday 3rd October 2019