

# SPORTZONES



Book both sessions together and pay just £14 for the day!

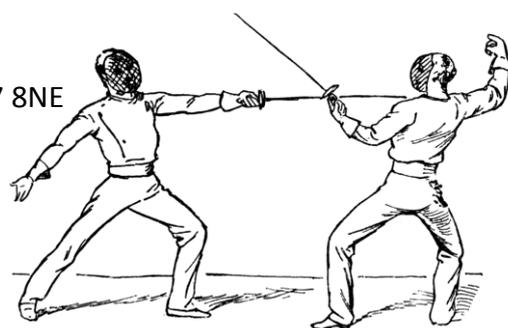
## Archery



- When:** Friday 19<sup>th</sup> February
- Where:** Sprowston Community High School, NR7 8NE
- Time:** 10am – 12noon
- Age:** 8+ years
- Cost:** £8

Come and have a go at this skilful and challenging activity under the supervision of a fully qualified instructor. All equipment will be supplied. Please wear comfortable clothing and non-marking trainers. Please bring a drink!

## Senior Fencing



- When:** Friday 19<sup>th</sup> February
- Where:** Sprowston Community High School, NR7 8NE
- Time:** 1pm – 3pm
- Age:** 8+ years
- Cost:** £8

Learn the skill of foil fencing, from en garde to a friendly competition at the end of the session. Long sleeved tops, track suit trousers and non-marking shoes must be worn. Please bring a drink!

Book online at [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)  
or call the booking line (01603) 430525



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