



Get Into

an active lifestyle.....

Have you been inspired by the Games?

The Get Into programme offers 6-8 week courses in all your favourite sports including;

- Kayaking
- Clay Pigeon Shooting
- Swimming
- Handball
- Horse Riding
- Archery
- Cycling
- and many more.....

Courses start from as little as £3.75 per week

Book online at www.activenorfolk.org/getinto
or call 01603 732334 or 732333