

Enrichment



Archery

Archery is a sport that can be enjoyed by all, regardless of age or ability. For those who are considering taking up the sport or would just like to try their hand with a modern bow this is our standard "Beginners" course, which focuses on the basics of shooting. The course begins with registration and a brief discussion about the shooting area and range safety. Following this you will be introduced and fitted to your bow. These are modern, take-down Recurve bows in a range of sizes and draw weights to suit all ages and are available in left or right handed versions.

Each week's activities will build on the skills acquired in the previous session and you will initially start by shooting "barebow instinctive" style before progressing to a sighted bow at longer distances. This is essentially a "focusing on the basics" course designed to give you a thorough understanding of modern archery techniques and equipment. All equipment is provided and no previous experience is necessary.



<http://www.feathersandfletchings.com/index.htm>

Contact

For further information please Nick Cook on 07786 634526 or n.dcook@gyc.ac.uk