

The logo consists of the letters 'NPN' in a bold, sans-serif font. The 'N' on the left and the 'N' on the right are purple, while the 'P' in the middle is red.The logo consists of the letters 'NPN' in a bold, sans-serif font. The 'N' on the left and the 'N' on the right are purple, while the 'P' in the middle is red.

## Archery Academy

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Partners with:

***Raydon Hall Archery Club***

***Perris Archery***

Have you ever thought about trying your hand at archery, perhaps you have seen the archers in *Lord of the Rings* or *Brave* and thought “***I could do that .....***”

Well here is your opportunity.

The NPN team of coaches is offering archery experiences and courses to enable individuals from 8 to 80+, able bodied and disabled, to try their hand at this great sport.

The coaching team has more than 30 years of experience delivering archery training to a wide variety of people in the greater Essex area in a friendly and inclusive manner.

All NPN archery coaches hold current coaching qualifications, are DBS approved and hold certification for working with children and vulnerable adults

## Background

Bows and arrows have been used by every race of people around the world for thousands of years; initially for hunting and later as a weapon of war and in recent times for sport.

With a rich heritage steeped in the history of many countries it is little wonder that archery remains a popular sport today. Demanding high levels of concentration and skill archery is a challenging but very satisfying sport.

The courses are run to introduce and develop skills in a supportive and friendly manner the sessions will be fun and enjoyable as well as informative and instructional.

Light refreshments will be available during the sessions.

Attendees should avoid loose baggy clothing, wearing thinner tighter layers according to the season. Those with long hair should bring hairbands to keep their hair tied back.

## Options

**Archery experiences** - spend a fun hour with one of our coaches developing the basic techniques for shooting arrows accurately at a target. Ideally suited to those who would simply like to experience archery, £10pp.

**Beginner's courses** - for those thinking about taking up archery as a sport, our six-hour course held on one day or over two, three-hour sessions on consecutive weeks. £60pp

**Improvers class** - for those seeking to improve their archery skills having spent six months to a year developing their basic skills. Sessions are specifically tailored to the needs of the individual and last for three hours £40pp

Courses are held on Sundays and certain evenings.

Sessions will be held at the Perris Archery indoor range:

**Unit 2, Raydon Hall Farm, Woodlands Road, Raydon,  
Suffolk, IP7 5QE**

**Questions or to pre-book: [NPNarchery@yahoo.com](mailto:NPNarchery@yahoo.com)**