



Proudly announces

# Ladies ONLY Instructional Shooting Clinic May 6, 2017

**When:** Saturday, May 6, 2017 sign-in begins at 8:30 A.M.  
**Where:** Norfolk County Rifle Range, Inc., 4321 South Military Highway Chesapeake, VA 23321

<b>Agenda:</b>	<b>8:30 – 9:15 a.m.</b>	Sign-in
	<b>9:15 - 10:00 a.m.</b>	Safety briefing – all disciplines (Rifle, Pistol, Airgun, Archery & Shotgun)
	<b>10:00 –10:15 a.m.</b>	Divide into five groups and proceed to your first discipline
	<b>10:15 - 11:15 a.m.</b>	First discipline
	<b>11:20 - 12:20 p.m.</b>	Second discipline
	<b>12:30 – 1:45 p.m.</b>	Lunch
	<b>1:50 – 2:50 p.m.</b>	Third discipline
	<b>2:55 – 3:55 p.m.</b>	Fourth discipline
	<b>4:00 – 5:00 p.m.</b>	Fifth discipline
	<b>5:10 – 5:20 p.m.</b>	How to keep improving your marksmanship skills
	<b>5:20 – 5:30 p.m.</b>	Awarding of certificates

**Cost:** \$50.00 (pre-registration required). Cost includes loaner firearms, ammunition, targets, instruction by NRA certified instructors and Lunch.

**Attendance limited to the first 50 applicants. Minimum age for participation is 15.**

**Contact:** [ladiesnight@ncrr.net](mailto:ladiesnight@ncrr.net)  
Theresa Owen (757-406-7428)  
Laura Darsch (757-681-2338)



Send advanced registration and check (payable to Norfolk County Rifle Range, Inc.) before April 20, 2017

to:

**Norfolk County Rifle Range, Inc.  
c/o Theresa Owen  
400 Beverly PI  
Virginia Beach, VA 23452**

**Registration Form (Please print legibly)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please provide a little information about yourself:

I have  never shot before.  
 some shooting experience.

My age is  18 or over  
 Between 15 and 17 and I'll be accompanied by a parent or guardian

## Directions:

**Norfolk County Rifle Range, Inc.  
4321 South Military Highway  
Chesapeake, Virginia. 23321**

**From Intersection of I-64/460 & Rt 13 (Bowers Hills) Go east on RT 460 (S Military Hwy) Approx 1/2 mile to unpaved driveway on left, after the mailbox and before Rotunda Ave.**

