



## Flatwater Kayaking for beginners

The Club is running three beginners' courses in racing boats on the dates shown below. The courses are designed to help you gain confidence in these boats and to introduce you to the techniques required for efficient paddling.

The courses are open both to members and non-members over the age of 8 years. Each course is four weeks of instruction: on the fifth week you enter a time trial over the two mile course.

**Dates: 21 May to 18 June 2011**

**18 June to 16 July 2011**

**17 September to 15 October 2011**

**Time: Arrive for 11 a.m.: finish by approx. 1 p.m.**

**Fees: Members - £15: Non-members £25**

**Booking and enquiries to: Brian Gandy Phone: 01252 622630**

**Email: [gandy@adslmail.newnet.co.uk](mailto:gandy@adslmail.newnet.co.uk)**

### *Notes:*

*All equipment will be provided. Numbers are limited. We may be further restricted depending on availability of suitable equipment: it is essential to pre-book.*

*Guidance on suitable clothing will be given in advance of each course.*

*The courses will take place in the vicinity of the Basingstoke Canal Centre, Mytchett and we request that a parent of any child under age 12 remains at the Centre for the duration of each session*

*The Club's racing section has a large number of members who enjoy racing in marathon and sprint competitions for the Club. We welcome all newcomers to racing. The courses are suitable for paddlers who have little or no previous experience in racing or fast touring kayaks. The courses are equally suitable for those who are completely new to kayaking.*