

PADDLESport PROGRAMME 2012





AOAC PADDLESPORT PROGRAMME 2012

Are you looking to try something different, learn a new skill, or develop and improve existing skills in kayaking or canoeing?

AOAC offers a wide range of paddlesport opportunities throughout the year ranging from one off 'try it' sessions to four or six week courses, fun sessions to focused coaching and British Canoe Union Award Scheme assessments. Different sessions and courses are appropriate to ability and ages from complete beginners to those who want to improve and maintain their paddling ability and skills and take their paddling to the next level. There is a natural progression to our sessions and courses providing continuous opportunities and development throughout the year.

Session Types:

'Junior' – 9-17 years 'Adult' – 18 plus 'Open' – Session open to all*.

*Open Session/Course - Any young person under the age of 18 must be accompanied by an adult family member participating on the same session/course.

Please note: All sessions/courses will require at least 5 participants for them to run and be viable. Places are only secured on full payment. Any session/course with less than 5 confirmed participants seven days prior to the start date will, unfortunately, be cancelled.

Additional Paddlesport opportunities for Young People/Juniors:

There will be many more similar paddlesport opportunities for young people throughout the year with our School Holiday Programmes, which are advertised separately.

Please contact the Centre to discuss any queries you may have or for more information on any of our sessions. Contact details can be found on the back of this brochure.

TASTER PADDLING SESSIONS

These sessions are aimed at complete beginners to get a 'taste' for kayaking/canoeing on a high tide whilst under close instruction from the centre's nationally qualified coaches.

Please see kit list (back page) for what to wear and bring with you on the day.

Open means Adult and Juniors will paddle together in the same session, but Adult/Junior sessions mean a separate instructor will take Adults and Juniors.



GROUP: Maximum 8 participants per session
COST: Adult- £12.50 / Junior (9-17yrs)-£9.00

Course Code	Date	Time	Who
TRYP09	Sat 24th March	11.00am–1.00pm	Open
TRYP10	Sat 21st April	11.00am–1.00pm	Ad/Jun
TYRP11	Sat 26th May	2.30pm–4.30pm	Open
TRYP12	Sat 9th June	3.00pm–5.00pm	Ad/Jun
TRYP13	Sat 23rd June	1.30pm–3.30pm	Open
TRYP14	Sat 21st July	12.30pm–2.30pm	Ad/Jun
TRYP15	Sat 18th August	11.30am–1.30pm	Ad/Jun

FOUNDATION/BEGINNER COURSES

If you have ever fancied paddling a kayak/canoe this is the ideal course for you. A four week foundation course aimed at beginners to develop basic skills and get a flavour of paddlesport. The course is based on the British Canoe Union (BCU) award scheme 'One Star' syllabus and Paddlepower Passport for those under 14. Throughout the course you will gain an understanding and awareness in paddlesport that will enable you to progress on to other sessions/courses available at AOAC.

Please note:- BCU star award assessment is not included in this course. Assessment opportunities are advertised separately in this brochure.

Under 14's will be started on the Paddlepower scheme as part of this course.



GROUP: Maximum 8 participants per course

COST: Adult- £55 / Junior (9-17yrs)-£45

Open (Course Code: OP103)		
25th March	Sunday	1.00pm – 3.00pm
8th April	Sunday	12.00pm – 2.00pm
22nd April	Sunday	12.00pm – 2.00pm
29th April	Sunday	4.30pm – 6.30pm
Adult (AD105) & Junior (YP105)		
27th May	Sunday	3.00pm – 5.00pm
3rd June	Sunday	9.30am – 11.30am
10th June	Sunday	3.30pm – 5.30pm
17th June	Sunday	10.00am – 12.00pm

Open (OP104) Every other Sunday		
24th June	Sunday	2.00pm – 4.00pm
8th July	Sunday	2.30pm – 4.30pm
22nd July	Sunday	1.00pm – 3.00pm
5th August	Sunday	1.30pm – 3.30pm
Adult (AP106) & Junior (YP106) Every other Sunday		
19th August	Sunday	12.00pm – 2.00pm
2nd September	Sunday	12.00pm – 2.00pm
16th September	Sunday	11.00am – 1.00pm
30th September	Sunday	11.00am – 1.00pm

OPEN-CANOE SESSIONS

This session is all about Open-Canoeing! NO KAYAKS!
Focus on those skills and strokes in this particular style of Open Boating. Solo and tandem skills will be introduced and developed over the two sessions.

Please ensure you can commit to both sessions.

GROUP: Maximum 8 participants

COST: Adult-£30 / Junior (9-17yrs)-£20



Open Course (Course Code:OP302)		
21st April	Saturday	11.00am – 1.00pm
5th May	Saturday	10.00am – 12.00pm
Open Course (Course Code: OP303)		
18th Aug	Saturday	11.30am – 1.30pm
1st Sept	Saturday	11.30am – 1.30pm

INTERMEDIATE/IMPROVER COURSES

This six week course is for those who have paddled a little before and want to further develop their personal skills, understanding and enjoyment in paddlesport. Ideal training and step towards those who may wish to work towards gaining coaching awards or for others that just want to do it for leisure.

The course will be tailored to the needs of the group, based around the British Canoe Union 2 star award syllabus and PaddlePower Scheme for those under 14 years of age.

Please note- BCU Star Awards assessment is not included in this course. Assessment opportunities are advertised separately.

Under 14's can join or continue the PaddlePower Scheme as part of this course.

If unsure of which course you need? Please contact the centre.

GROUP: Maximum 8 participants per course

COST: Adult- £85 / Junior (9-17yrs)-£65

Open (Course Code: OP203)		
Date	Day	Time
26th February	Sunday	1.00pm – 3.00pm
11th March	Sunday	12.00pm – 2.00pm
25th March	Sunday	1.00pm – 3.00pm
8th April	Sunday	12.00pm – 2.00pm
22nd April	Sunday*	10.00am – 12.00pm
29th April	Sunday*	3.00pm – 5.00pm
Open (OP204)		
6th May	Sunday	11.00am – 1.00pm
20th May	Sunday	11.00am – 1.00pm
27th May	Sunday	3.30pm – 5.30pm
3rd June	Sunday	10.00am – 12.00pm
10th June	Sunday*	1.00pm – 3.00pm
17th June	Sunday*	12.30pm – 2.30pm

Adult (AD204) & Junior (YP203)

Date	Day	Time
24th June	Sunday	2.00pm – 4.00pm
1st July	Sunday	9.00am – 11.00am
8th July	Sunday	2.30pm – 4.30pm
15th July	Sunday	9.00am – 11.00am
22nd July	Sunday*	3.30pm – 5.30pm
5th August	Sunday*	11.00am – 1.00pm

Adult (AD205) & Junior (YP204)

19th August	Sunday	12.30pm – 2.30pm
2nd September	Sunday	12.30pm – 2.30pm
16th September	Sunday	12.00pm – 2.00pm
30th September	Sunday	1.30pm – 3.30pm
7th October	Sunday*	1.00pm – 3.00pm
21st October	Sunday*	1.00pm – 3.00pm

Adult (AD206)

28th October	Sunday	9.00am – 11.00am
4th November	Sunday	1.00pm – 3.00pm
18th November	Sunday	1.00pm – 3.00pm
25th November	Sunday	10.30am – 12.30pm
2nd December	Sunday*	10.00am – 12.00pm
15th December	Sunday*	9.30am – 11.30am

*These sessions will include elements of an introduction to moving water



BCU 1* & 2* AWARD ASSESSMENT DAYS

BCU Star Award Assessment days are for those at a particular level and those who have been on our courses and want to be assessed and recognised for their skill level, awareness and understanding of paddlesport.



Assessment days are only for those 14 years and above.

Please note that these are assessment days, not training/coaching sessions although AOAC Coaches will naturally support, encourage, and develop participants throughout the day. Participants need to come with prior experience and an understanding of the star test assessment they are to undertake.

Please Note:

There is NO guaranteed pass on these assessments!

Please refer to BCU website or contact AOAC for more information if necessary www.canoe-england.org.uk

Pre-requisites for these assessments MUST be met before booking. If unsure please check the BCU website (address above).

**COST: 1* Adult £45 / Junior £30
2* Adult £65 / Junior £45**

Course Number	Date	Day	Time
1 star Assessment days			
1STA 03	23rd June	Saturday	1.00pm–4.00pm
1STA 04	6th Oct	Saturday	1.30pm–4.30pm
2 star Assessment days			
2STA 03	23rd June	Saturday	11.30am–5.30pm
2STA 04	27th Oct	Saturday	9.00am–3.00pm

INTRODUCTION TO MOVING WATER

Now you have learnt the basics, take the next step on to moving water!

Improve on the skills and confidence you already have by paddling on stretches of moving water at low tide, learning and enhancing various techniques and paddle strokes.

3* skills are introduced as part of this course.

GROUP: Maximum 6 participants per course

COST: Adult- £40 / Junior (9-17yrs)- £30



Course Code: MW101		
28th April &	Saturday &	9am-12pm
29th April	Sunday	9am-12pm
Course Code: MW102		
28th July &	Saturday &	12pm-3pm
29th July	Sunday	12pm-3pm

SWIMMING POOL SESSION **ROLLING & RECOVERY CLINIC @ Wadurs Pool**

Gain confidence in your paddling ability by learning to roll or improve and practice those all important support strokes in the relaxed, comfortable environment of a swimming pool!

**Every other Saturday at Wadurs Community Pool,
Holmbush, Shoreham-by-sea**

Time: 7:00-8:30pm

GROUP SIZE: Maximum 10 Participants

COST: Adult-£12.50 / Junior-£9.50 (9-17yrs)

Pool sessions are open to all. People under 18 must be accompanied by a parent/adult who do not have to participate in the session.

*Please book places for this activity at reception at AOAC and **NOT** at Wadurs swimming pool.*

AOAC'S PADDLESPORT COACHING CLINIC

SATURDAY MORNINGS

Time: 10am-12pm (All Year)

WEDNESDAY EVENINGS Time: 6:30am-8:30pm (Apr-Sept)

Cost: Adult-£10.00/Junior (9-17yrs)-£7.00

An opportunity to paddle regularly every Saturday morning all year round and on Wednesday evenings between April and September. No advance booking required, just turn up and pay for the session on the day. (Please be aware that places are subject to available instructors and equipment and filled on a first come first served basis*)

Coaching Clinic is tailored to suit individual and group needs on the day with a view to developing paddlesport skills, techniques, confidence, understanding and enjoyment. Please note sessions are run on varying states of the tide each week that will include moving water and therefore not ideally suited to complete beginners. Other AOAC sessions/courses such as the Taster Session, Foundation Course and Coaching Clinic 'High Tide' session are recommended to get the basic initial skills/confidence to attend the regular session.

For safety reasons we reserve the right to refuse access to the session if we believe that the ability of the paddler is either not up to the level required based on the state of the tide for that day or they do not have appropriate clothing and footwear.

Please feel free to discuss any issues or queries with any of our coaches or contact the Centre for further information.

***Please ensure you arrive no more than 20 minutes before the session start time.**



COACHING CLINIC 'HIGH TIDE' SESSION

On the first Saturday of the month, April-September, we run an additional Coaching Clinic Session based around the High Tide. This is an open session and opportunity for beginners, those a bit rusty, or those who prefer non-moving water. An ideal stepping stone/introduction to the regular Coaching Clinic sessions.

Coaching Clinic 'High Tide' Session Dates	
Saturday 7th April	11.00am – 1.00pm
Saturday 5th May	10.00am – 12.00pm
Saturday 2nd June	9.00am – 11.00am
Saturday 7th July	2.00pm – 4.00pm
Saturday 4th August	12.30pm – 2.30pm
Saturday 1st September	11.30am – 1.30pm

Additional paddlesport opportunities in 2012

River trips will be organised on the Rivers Adur, Arun, Cuckmere & Wey throughout the year.

Try a different paddlesport discipline with sea kayaking opportunities being developed at the centre.

LOOK OUT FOR FURTHER INFORMATION AND DETAILS

BESPOKE SESSIONS/COURSES

If you have a group of family and/or friends and would like your own personal session or course at AOAC (subject to tides, instructor availability and minimum number of participants), we would be happy to discuss your needs and requirements.

Remember its Olympic year, so watch and support the GB paddlers in slalom and sprint events at London 2012

RECOMMENDED PADDLE SPORT KIT LIST:

- Long sleeve T-Shirt
- Sweatshirt/fleece & Thermals
- Jogging bottoms or shorts-No denim.
- Suitable footwear (not Crocs/open toed shoes or thick soled trainers)
- Sun Protection
- Towel & Wash kit
- Complete change of clothes & Footwear

Wet Suits can be hired for £3 per session

Canoe/kayaking is a water sport so... **YOU MAY GET WET**

The centre provides specialist equipment such as; Helmets, Buoyancy aids, cagoules etc.

All sessions are delivered by appropriately qualified instructors/coaches

HOW TO BOOK:

Please contact the centre (see details below) to check availability for the chosen course and to reserve a place.

You then have 7 days to send in the booking form and payment to secure your place. (Booking forms can be downloaded from the website or picked up from reception).

Please refer to terms and conditions on the booking form for more information.

Subject to demand some courses may be increased to a maximum of 16 participants.

Adur Outdoor Activities Centre

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