



# PADDLE SPORT PROGRAMME 2010



## TASTER PADDLING

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.

Additional paddlesport activities are available for juniors aged 9-17yrs during half term and other school holidays.

**GROUP: Maximum 8 participants per session**

**COST: Adult- £14.00 / Junior (9-17yrs)-£9.00**

Day	Date	Time	Who
Saturday	3 <sup>rd</sup> April	2pm-4pm	Junior
Saturday	1 <sup>st</sup> May	1pm-3pm	Adult
Saturday	5 <sup>th</sup> June	5pm-7pm	Family
Saturday	3 <sup>rd</sup> July	3.30pm-5.30pm	Adult
Saturday	11 <sup>th</sup> Sept	1pm-3pm	Family
Saturday	9 <sup>th</sup> Oct	11.45am-1.45pm	Junior



## FOUNDATION CANOE/KAYAK

This is an introductory training course to the foundation skills of canoeing and kayaking. It is a 4-week course that is designed as a step towards BCU 1\* assessment

(provided all requirements have been met) 9-14yr olds will work towards the BCU Paddle-Power award scheme.

*Please note-assessment days are not included. They are on a separate day at an extra cost.*

**GROUP: Maximum 8 participants per course**

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

Adult (Course Code: AD101)		
4 <sup>th</sup> Apr	Sunday	2.30pm-4.30pm
11 <sup>th</sup> Apr	Sunday	9.30am-11.30am
18 <sup>th</sup> Apr	Sunday	1.30pm-3.30pm
2 <sup>nd</sup> May	Sunday	2pm-4pm
Junior (Course Code: YP101)		
16 <sup>th</sup> May	Sunday	12.30am-2.30pm
30 <sup>th</sup> May	Sunday	1pm-3pm
13 <sup>th</sup> June	Sunday	11.30am-1.30pm
27 <sup>th</sup> June	Sunday	12pm-2pm
Adult (Course Code: AD102)		
11 <sup>th</sup> July	Sunday	10.30am-12.30pm
25 <sup>th</sup> July	Sunday	11am-1pm
1 <sup>st</sup> Aug	Sunday	2.30pm-4.30pm
8 <sup>th</sup> Aug	Sunday	9.30am-11.30am
Junior (Course Code: YP102)		
22 <sup>nd</sup> Aug	Sunday	10-12
29 <sup>th</sup> Aug	Sunday	1.30-3.30
12 <sup>th</sup> Sept	Sunday	2-4
26 <sup>th</sup> Sept	Sunday	12.30-2.30

## INTERMEDIATE CANOE KAYAK

This course is for those who want to further develop their personal skills or who wish to progress onto coaching awards.

It is a 6-week course, which will be tailored to the needs of the group. As with the 1\*, the assessment days are a separate date and price.

If unsure of which course you need, please contact the centre.

**GROUP: Maximum 8 participants per course**

**COST: Adult- £60 / Junior (9-17yrs)-£45**

Adults (Course Code: AD001)		
Date	Day	Time
17 <sup>th</sup> Jan	Sunday	11.30am-1.30pm
31 <sup>st</sup> Jan	Sunday	11am-1pm
14 <sup>th</sup> Feb	Sunday	10.30am-12.30pm
21 <sup>st</sup> Feb	Sunday	2.30pm-4.30pm
28 <sup>th</sup> Feb	Sunday	10am-12pm
14 <sup>th</sup> Mar	Sunday	9.30am-11.30am

Junior (Course Code: YP001)		
21 <sup>st</sup> Mar	Sunday	1.30pm-3.30pm
28 <sup>th</sup> Mar	Sunday	9.30-am11.30am
4 <sup>th</sup> Apr	Sunday	2.30pm-4.30pm
11 <sup>th</sup> Apr	Sunday	9.30am-11.30am
18 <sup>th</sup> Apr	Sunday	1.30pm-3.30pm
2 <sup>nd</sup> May	Sunday	2pm-4pm

## INTERMEDIATE CANOE KAYAK Continued

Adult (Course Code: AD002)		
16 <sup>th</sup> May	Sunday	12.30am-2.30pm
30 <sup>th</sup> May	Sunday	1pm-3pm
13 <sup>th</sup> June	Sunday	11.30am-1.30pm
27 <sup>th</sup> June	Sunday	12pm-2pm
11 <sup>th</sup> July	Sunday	10.30am-12.30pm
25 <sup>th</sup> July	Sunday	11am-1pm

Junior (Course Code: YP002)		
1 <sup>st</sup> Aug	Sunday	2.30pm-4.30pm
8 <sup>th</sup> Aug	Sunday	9.30am-11.30am
22 <sup>nd</sup> Aug	Sunday	10am-12pm
29 <sup>th</sup> Aug	Sunday	1.30pm-3.30pm
12 <sup>th</sup> Sept	Sunday	2pm-4pm
26 <sup>th</sup> Sept	Sunday	12.30pm-2.30pm

Adult (Course Code: AD003)		
10 <sup>th</sup> Oct	Sunday	12.30pm-2.30pm
24 <sup>th</sup> Oct	Sunday	11.30am-1.30pm
7 <sup>th</sup> Nov	Sunday	10.30am-12.30pm
21 <sup>st</sup> Nov	Sunday	9.30am-11.30am
28 <sup>th</sup> Nov	Sunday	2.30pm-4.30pm
5 <sup>th</sup> Dec	Sunday	9am-11am

## JUST OPEN-CANOE SESSIONS:

This session is all about the open-canoeing! NO KAYAKS!

Your instructor will introduce the basics skills of solo and tandem canoeing.

It is a 2-session course. Please ensure you can commit to both sessions.

**GROUP: Maximum 8 participants**

**COST: Adult-£20 / Junior (9-17yrs)-£15**

Adult (Course Code: AD201)		
3 <sup>rd</sup> Apr	Saturday	2pm-4pm
17 <sup>th</sup> Apr	Saturday	12.45pm-2.45pm
Junior (Course Code: YP201)		
15 <sup>th</sup> May	Saturday	12pm-2pm
12 <sup>th</sup> June	Saturday	11am-1pm
Adult (Course Code: AD202)		
24 <sup>th</sup> July	Saturday	10am-12pm
31 <sup>st</sup> July	Saturday	2pm-4pm
Junior (Course Code: YP202)		
28 <sup>th</sup> Aug	Saturday	1pm-3pm
25 <sup>th</sup> Sept	Saturday	12pm-2pm



## POOL SESSION

These sessions will be aimed mainly at 2 - 3 Star standard canoeists/kayakers who wish to learn or improve their support strokes and rolling skills in a warm, indoor pool at Wadurs Pool, adjacent to the Holmbush Centre in Shoreham.

*They are not for beginners or those with very little experience.*

**Every other Saturday from 7:00-8:30pm**

**GROUP SIZE: Maximum 10 Participants**

**COST: Adult-£12.00 / Junior-£8.00 (9-17yrs)**

Dates	Course Code	Dates	Course Code
Sat 16 <sup>th</sup> Jan	PKS 124	Sat 17 <sup>th</sup> July	PKS 137
Sat 30 <sup>th</sup> Jan	PKS 125	Sat 31 <sup>st</sup> July	PKS 138
Sat 13 <sup>th</sup> Feb	PKS 126	Sat 14 <sup>th</sup> Aug	PKS 139
Sat 27 <sup>th</sup> Feb	PKS 127	Sat 28 <sup>th</sup> Aug	PKS 140
Sat 13 <sup>th</sup> Mar	PKS 128	Sat 11 <sup>th</sup> Sept	PKS 141
Sat 27 <sup>th</sup> Mar	PKS 129	Sat 25 <sup>th</sup> Sept	PKS 142
Sat 10 <sup>th</sup> Apr	PKS 130	Sat 9 <sup>th</sup> Oct	PKS 143
Sat 24 <sup>th</sup> Apr	PKS 131	Sat 23 <sup>rd</sup> Oct	PKS 144
Sat 8 <sup>th</sup> May	PKS 132	Sat 6 <sup>th</sup> Nov	PKS 145
Sat 22 <sup>nd</sup> May	PKS 133	Sat 20 <sup>th</sup> Nov	PKS 146
Sat 5 <sup>th</sup> June	PKS 134	Sat 4 <sup>th</sup> Dec	PKS 147
Sat 19 <sup>th</sup> June	PKS 135	Sat 18 <sup>th</sup> Dec	PKS 148
Sat 3 <sup>rd</sup> July	PKS 136		

 Open Session (Adult & Junior)

 Junior only session (9-17yrs)

## BCU 1\* & 2\* AWARD ASSESSMENT DAYS



The 1\* is a clear stepping stone to becoming a paddler (BCU). Candidates must be water confident. If under 14 the learning programmes of Paddle-Power maybe more appropriate.

The 2\* is an improvement award that helps develop fundamental paddlesport skills on flat water (BCU) Candidates must have experience of paddling 2 different craft. Please refer to BCU website for more information.

[www.canoe-enlgand.org.uk](http://www.canoe-enlgand.org.uk)

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

**There is NO guaranteed pass on these assessments!**

**GROUP: Maximum 6 participants per course**

**COST: 1\* Adult- £30 / Junior (9-17yrs)-£25**

**2\* Adult- £45 / Junior (9-17yrs)-£40**

These are 1-day courses.

Course Number	Date	Day	Time
1 star assessment days			
1STA 01	15 <sup>th</sup> May	Saturday	11am-3pm
1STA 02	10 <sup>th</sup> July	Saturday	9am-1pm
1STA 03	14 <sup>th</sup> Aug	Saturday	1pm-5pm
1STA 04	9 <sup>th</sup> Oct	Saturday	11am-3pm
2 star assessment days			
2STA 01	20 <sup>th</sup> Mar	Saturday	10.30am-4.30pm
2STA 02	15 <sup>th</sup> May	Saturday	10am-4pm
2STA 03	31 <sup>st</sup> July	Saturday	12pm-6pm
2STA 04	9 <sup>th</sup> Oct	Saturday	10am-4pm
2STA 05	11 <sup>th</sup> Dec	Saturday	11am-5pm

# KAYAK/CANOE COACHING CLINIC

EVERY SATURDAY MORNING 10-12

WEDNESDAY EVENINGS 6:30-8:30 (Apr-Oct)

Adult-£9.00/Junior (9-17yrs)-£6.00

We run canoeing & kayaking Coaching Clinic sessions on a Saturday morning from 10am-12noon all year round and on Wednesday evenings from 6.30-8.30pm between April-August. There is no advance booking required. Just turn up and pay for the session. (Please be aware that places per session are subject to available instructors)

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

Coaching Clinic sessions are aimed at paddlers with some experience who wish to practise and improve their skills.

These sessions are tailored to suit the group's needs on the day.

Please refer to the list of dates over-leaf to see if the tidal state is suitable for your ability. If unsure, please contact the centre.

The weather can affect the paddling conditions and therefore may make it unsuitable for any ability. 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 or they do not have appropriate clothing and footwear.

***These sessions are not suitable for complete beginners!***



## COACHING CLINIC DATES

Day/Date	High Tide	Day/Date	High Tide
Sat 10 <sup>th</sup> Jul	10.44	Sat 18 <sup>th</sup> Sep	08.30
Wed 14 <sup>th</sup> Jul	14.03	Wed 22 <sup>nd</sup> Sep	23.55
Sat 17 <sup>th</sup> Jul	16.25	Sat 25 <sup>th</sup> Sep	13.08
Wed 21 <sup>st</sup> Jul	20.23	Wed 29 <sup>th</sup> Sep	15.08
Sat 24 <sup>th</sup> Jul	11.12	Sat 2 <sup>nd</sup> Oct	18.38
Wed 28 <sup>th</sup> Jul	13.42	Wed 6 <sup>th</sup> Oct	22.57
Sat 31 <sup>st</sup> Jul	16.09	Sat 9 <sup>th</sup> Oct	12.48
Wed 4 <sup>th</sup> Aug	18.09	Wed 13 <sup>th</sup> Oct	15.39
Sat 7 <sup>th</sup> Aug	09.27	Sat 16 <sup>th</sup> Oct	06.17
Wed 11 <sup>th</sup> Aug	12.58	Wed 20 <sup>th</sup> Oct	22.49
Sat 14 <sup>th</sup> Aug	15.12	Sat 23 <sup>rd</sup> Oct	12.08
Wed 18 <sup>th</sup> Aug	18.39	Wed 27 <sup>th</sup> Oct	14.12
Sat 21 <sup>st</sup> Aug	10.05	Sat 30 <sup>th</sup> Oct	04.24
Wed 25 <sup>th</sup> Aug	15.45	Sat 6 <sup>th</sup> Nov	10.42
Sat 28 <sup>th</sup> Aug	14.06	Sat 13 <sup>th</sup> Nov	15.50
Wed 1 <sup>st</sup> Sep	16.20	Sat 20 <sup>th</sup> Nov	10.03
Sat 4 <sup>th</sup> Sep	07.51	Sat 27 <sup>th</sup> Nov	14.41
Wed 8 <sup>th</sup> Sep	11.49	Sat 4 <sup>th</sup> Dec	09.36
Sat 11 <sup>th</sup> Sep	13.59	Sat 11 <sup>th</sup> Dec	14.30
Wed 15 <sup>th</sup> Sep	17.00	Sat 18 <sup>th</sup> Dec	08.45

The sessions run from 10-12 on Sat and 6:30-8:30 on the Wed. Any high tides in between these times and up to an hour after are suitable for the less experienced paddlers

## COACHING CLINIC DATES Continued

<u>Day/Date</u>	<u>High Tide</u>	<u>Day/Date</u>	<u>High Tide</u>
Sat 2 <sup>nd</sup> Jan	12.00	Sat 1 <sup>st</sup> May	14.00
Sat 9 <sup>th</sup> Jan	18.15	Wed 5 <sup>th</sup> May	16.48
Sat 16 <sup>th</sup> Jan	11.57	Sat 8 <sup>th</sup> May	07.29
Sat 23 <sup>rd</sup> Jan	15.58	Wed 12 <sup>th</sup> May	23.14
Sat 30 <sup>th</sup> Jan	11.01	Sat 15 <sup>th</sup> May	12.51
Sat 6 <sup>th</sup> Feb	16.30	Wed 19 <sup>th</sup> May	15.56
Sat 13 <sup>th</sup> Feb	11.06	Sat 22 <sup>nd</sup> May	19.16
Sat 20 <sup>th</sup> Feb	14.37	Wed 26 <sup>th</sup> May	23.00
Sat 27 <sup>th</sup> Feb	09.57	Sat 29 <sup>th</sup> May	13.03
Sat 6 <sup>th</sup> Mar	15.08	Wed 2 <sup>nd</sup> Jun	15.36
Sat 13 <sup>th</sup> Mar	10.04	Sat 5 <sup>th</sup> Jun	18.00
Sat 20 <sup>th</sup> Mar	13.36	Wed 9 <sup>th</sup> Jun	21.55
Sat 27 <sup>th</sup> Mar	08.42	Sat 12 <sup>th</sup> Jun	11.51
Sat 3 <sup>rd</sup> Apr	15.00	Wed 16 <sup>th</sup> Jun	15.03
Wed 7 <sup>th</sup> Apr	18.30	Sat 19 <sup>th</sup> Jun	17.44
Sat 10 <sup>th</sup> Apr	09.41	Wed 23 <sup>rd</sup> Jun	21.48
Wed 14 <sup>th</sup> Apr	12.09	Sat 26 <sup>th</sup> Jun	12.09
Sat 17 <sup>th</sup> Apr	13.44	Wed 30 <sup>th</sup> Jun	14.37
Wed 21 <sup>st</sup> Apr	16.58	Sat 3 <sup>rd</sup> Jul	16.24
Sat 24 <sup>th</sup> Apr	08.13	Wed 7 <sup>th</sup> Jul	20.14
Wed 28 <sup>th</sup> Apr	11.49		

And other high tides are suitable for experienced moving-water paddlers only.

**These sessions are not suitable for complete beginners!**

## 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 info.

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

*Additional Paddlesport session/activities will be available for young people aged 9-17 years old during school Holidays. Please see separate Holiday Programme Brochure for more details.*

Bespoke courses can be arranged to suit you and your needs, please contact the centre to find out more details (minimum number of participants will be required).

Brighton Road, Shoreham-by-Sea, BN43 5LT



**Tel: 01273 462928**

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