

# ADUR OUTDOOR ACTIVITIES CENTRE

## INFORMAL COACHING



Saturdays 10am - 12 noon  
All year round

Wednesdays 6.30 - 8.30pm  
April - August

Adults (18+) £6.75 / Juniors (9-17yrs) £4.75  
(until 29/03/09)

We run canoeing & kayaking 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. Just turn up and pay for the session.

These sessions are aimed at paddlers with some experience who wish to practise and improve their skills. We would advise absolute beginners to attend either the flat-water sessions listed opposite or come along to a Beginners course advertised separately.

The sessions are not intended for the training or assessing of paddlers for the BCU Star Award scheme. The Outdoor Courses brochure has a variety of courses for paddlers who wish to be trained and assessed in the BCU Star Training and Assessment scheme.

If you wish to come along and it is your first time, please refer to the list of dates opposite to find out whether the tide is suitable for your level of ability as the water conditions here change every week or telephone us to check suitability.

For more experienced paddlers, we do a range of trips and training courses (including B.C.U Performance and Coaching Awards). Please see our Courses brochure for details.

### SUGGESTED KIT LIST FOR KAYAKING & CANOEING

- T-shirt or Thermal
- Towel & wash kit
- Sweatshirt or fibre-pile
- Sun hat & sun protection cream in Spring/Summer
- Fleece, thermals or a wetsuit plus hat
- Footwear, plimsolls, jellies, or ideally wetsuit boots
- Wear clothes appropriate to the weather, i.e. more layers in winter. If you wear glasses, remember to bring something to secure them with.

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 a suitable change of clothing and footwear.

DATE	HIGH TIDE	TIDE MOVEMENT at 11am
03 January 2009	15.15	Improver
10 January 2009	10.06	Beginner
17 January 2009	15.39	Improver
24 January 2009	10.15	Beginner
31 January 2009	14.06	Improver
07 February 2009	09.00	Experienced
14 February 2009	14.22	Improver
21 February 2009	09.04	Experienced
28 February 2009	13.08	Improver
07 March 2009	07.40	Experienced
14 March 2009	13.17	Improver
21 March 2009	07.02	Experienced
28 March 2009	12.10	Improver

### KEY:

Tide times in RED denote 6m or higher tide



= Flat-water – suitable for novices (Paddlepower Start).



= Incoming tide – suitable for improver level (1-2 Star or Paddlepower Passport / Discover)



= Outgoing tide - suitable for intermediate (2-3 Star or Paddlepower Discover)



= Outgoing & changing to incoming tide - suitable for intermediate (2-3 Star or Paddlepower Passport)

**NB. Please note that this chart is only a guide and that the water conditions may change according to the wind, weather and associated atmospheric conditions.**

Please arrive well before the session start time to enable the staff time to equip you for the session so that the start time is observed. ***We regret that paddlers who turn up less than 15 minutes before the session start time, or who are not ready by the advertised start time, may be refused access to the session.***