

## What do I need to bring?

If you are booked on a course then you can hire a canoe or kayak, plus a buoyancy aid, helmet, spray deck and paddle. We ask you to provide a £10 deposit for the loan of the kit. You are advised to wear a wetsuit if you have one, trainers or wetsuit shoes, thermal layers like a rash vest or thin fleeces, leggings/shorts and a cagoule if it is raining. You are likely to get wet so it's best to avoid cotton track suit bottoms or t-shirts which soak up water.

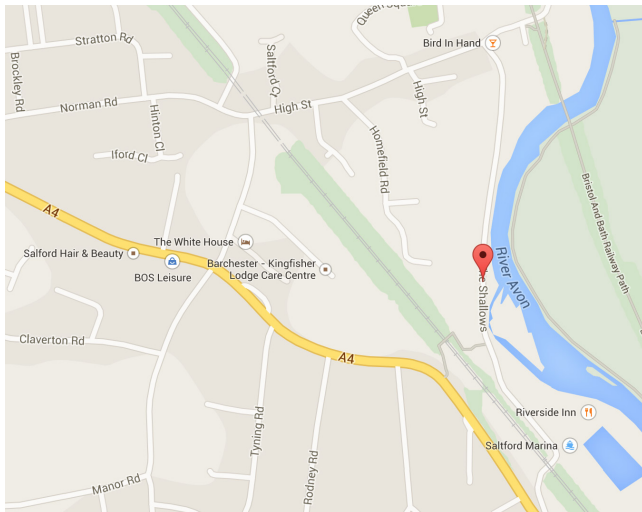
Once you've decided paddling is for you – then experienced paddlers can advise on the best kit to buy.

## Directions

Saltford is on the A4, half way between Bath & Bristol. From the A4 Bath Road turn north into Norman Road and continue into High Street. At the bottom of the hill by the Bird in Hand pub, turn right into The Shallows and park in the car park on the right.

For those with SatNav the postcode is BS31 3EX.

There are toilets and free parking at Saltford.



## Summer Training Programme

We are a friendly, fun loving family club that takes a pride in developing paddlers' skills.

North Avon Canoe Club offers a range of canoe and kayaks courses throughout the summer at The Saltford Shallows.

There is something for everyone – from the absolute beginner, to those wishing to get back in a boat again or for paddlers wishing to improve their skills.

Minimum age is 8 years old.

Summer Training takes place on a Wednesday night (from 6.30pm onwards)

## Monthly pool sessions

We also run monthly sessions at Yate Leisure Centre on a Saturday night – see our website for the dates.



**NORTH**avon  
CANOE CLUB

2015  
Summer Training  
Programme

Saltford Shallows, Saltford

more at [northavoncanoeclub.org.uk](http://northavoncanoeclub.org.uk)

## How to book on a course

Please visit our website to download a course booking form. [www.northavoncanoeclub.org.uk](http://www.northavoncanoeclub.org.uk)

You will also need to become a member of the club.

If you have any questions please contact Claire Milner at [claire.milner@hotmail.com](mailto:claire.milner@hotmail.com)

Courses		Start Date	No of Weeks	Cost per person £
Social Paddle Nights	Relaxed and informal paddling evenings on the River Avon	29 April	1 week	£5 per wk boat/kit hire
		12 August	1 week	£5 per wk boat/kit hire
		2 September	1 week	£5 per wk boat/kit hire
Paddle Nights	A chance for club members to get together and explore the river at the start of the paddling summer. Non-members who have paddled before are welcome.	6 May	Long Paddle Up Stream	£5 per wk boat/kit hire
		13 May	Long Paddle Down Stream	£5 per wk boat/kit hire
BCU 1 Star Junior Kayak	A great introduction to the basics of kayaking with an assessment at the end of the course.	20 May	5 weeks + 1 assessment week (24/6)	£30 per course + £5 per wk boat/kit hire
Junior Canoe	Come along and try canoeing, learn the basics and have fun.	15 July	4 weeks	Course: £5 per week + £5 per wk boat/kit hire
Junior Paddle Club	Come along and try kayaking, learn the basics and have fun	15 July	4 weeks	Course: £5 per week + £5 per wk boat/kit hire
BCU 1 Star Adults	A great introduction to the basics of kayaking with an assessment at the end of the course if you wish.	20 May	5 weeks + 1 assessment week (24/6)	£30 per course + £5 per wk boat/kit hire
		15 July	4 weeks + 1 assessment week (24/6)	£30 per course + £5 per wk boat/kit hire
BCU 2 star Kayaking	An opportunity to develop intermediate skills and build your confidence. If you wish to take the assessment at the end of the course you will need to have also completed the 2 star course in canoe/kayak (put the canoe in kayak line/kayak in canoe line)	20 May	6 weeks + 1 assessment week (1/7)	£30 per course + £5 per wk boat/kit hire
BCU 2 star Canoe	An opportunity to develop intermediate skills and build your confidence. If you wish to take the assessment at the end of the course you will need to have also completed the 2 star course in canoe/kayak (put the canoe in kayak line/kayak in canoe line)	20 May	6 weeks + 1 assessment week (1/7)	£30 per course + £5 per wk boat/kit hire
Intro to 3 star skills and safety	A taste of the skills required at 3 star and the important basics of safety and rescue.	15 July	4 weeks	£30 per course + £5 per wk boat/kit hire
Try a boat nights	The chance to paddle lots of different boats from white water racers to canoes, SUPs to sea kayaks – how adventurous will you be? Come and join in the fun!	8 July	1 week	Free to all!
		26 August	1 week	Free to all!
Games Night	You will never have so much fun in a kayak or canoe – time to play and use your skills!	19 August	1 week	£5 per wk boat/kit hire
General Paddle	A chance to get on the water and paddle with experienced paddlers. Ideal if you can't commit to a course.	20 May	4 weeks	£5 per wk boat/kit hire
		15 July	4 weeks	£5 per wk boat/kit hire