



# ALBANY PARK CANOE AND SAILING CENTRE

## Kayak & Open Canoe Adult Training Courses 2009

**TASTER SESSIONS** – introduction to kayak & canoe basic skills

Our Taster Sessions will allow you to experience both kayaking and open canoeing under expert guidance from a BCU qualified coach. Try before you buy or commit to a full day course, whatever your motivation it's a fantastic way to spend a few hours on the river, which will undoubtedly leave you wanting to know more.

### Course times

Morning: 09:30am - 12:30pm

Afternoon: 13:30pm – 16:30pm

### Course dates

Saturday 18<sup>th</sup> April 2009

Saturday 20<sup>th</sup> June 2009

Saturday 15<sup>th</sup> August 2009

Saturday 17<sup>th</sup> October 2009

Course Fee - £32

### Course Ratios

Instructor to participant 1:8



## **BEGINNER COURSE – working towards BCU 1 Star Skill Level**

This is one of the Centres most popular courses, held on Saturdays 09.30 – 16.30. The course is ideal for people new to the sport or with limited prior experience wishing to develop their basic skills. The One star is a flat water award reflecting basic boat control in any type of boat, open canoe & kayak.

### Course Times

09:30am – 16:30pm

### Course Dates

Saturday 18<sup>th</sup> April 2009

Saturday 16<sup>th</sup> May 2009

Saturday 20<sup>th</sup> June 2009

Saturday 18<sup>th</sup> July 2009

Saturday 15<sup>th</sup> August 2009

Saturday 19<sup>th</sup> September 2009

Saturday 17<sup>th</sup> October 2009

### Course Fee - £72

### Craft types

Kayak – double paddle

Canoe – Single paddle

### Course Ratios

Instructor to participant 1:8



## **IMPROVER COURSE** – working towards BCU 2 Star Skill Level

This flat water award will cover a range of kayak and canoe based skills. The course will look at developing the fundamental paddlesport skills and understanding of paddle-boat-water interaction. The course will be split over two Saturdays with time allowed between for additional complementary practice time. (see note below) This course is aimed at those already able to apply the basic strokes or who have achieved the BCU 1 Star.

### Course Times

09:30am – 16:30pm

Course fee includes a Saturday morning paddlers club session to consolidate your skills between course dates. Saturday morning paddlers sessions run from 10 am – 12.30, dates and details for these sessions are posted on our website, select the Kayaking page.

### Course Dates

#### Course 1

Saturday 16<sup>th</sup> May & Saturday 18<sup>th</sup> July 2009

(1 free Saturday paddlers session between course dates)

#### Course 2

Saturday 19<sup>th</sup> September & Saturday 14<sup>th</sup> November 2009

(1 free Saturday paddlers session between course dates)

Course Fee - £125

### Course Ratios

Instructor to participant 1:8



**INTERMEDIATE COURSE** – working towards BCU 3 Star Skill Level

Disciplines available:-

**Whitewater Kayak** or **Open Canoe**

The BCU Three Star has become a discipline specific award reflecting personal competence with the focus on boat/environment. These courses will run on demand however, they can be incorporated into our programmed trips.

Course Dates

Please contact Jon at the Centre on 0208 549 3066

Course Fee - £125 + travel / venue dependant

3 Star Assessment available on request



## **FLATWATER TRIPS & TOURS**

These trips will run on demand

Weybridge – Albany Park

Upper Thames experience (Open Canoe Expedition)

Lechlade – Swinford Bridge

The above trips are open to paddlers of all ability levels

## **MOVING WATER TRIPS**

These trips will run on demand

River Wye Symonds Yat

Rivers Teme & Lugg

The above trips are open to all paddlers holding a Two Star award.

**Please contact the centre directly for more details and to book.  
020 8549 3066**

## **BCU 4 Star Leader Courses**

### **Whitewater Kayak or Open Canoe**

Available on request

Please contact the Centre directly on:

020 8549 3066



### **Private Tuition**

Sailing / Powerboating

Course fee - £35 per hour, minimum 2 hours, up to 2 people

Kayak / Canoe

Course fee - £35 per hour, minimum 2 hours, up to 2 people

### **Adult Paddlers Session**

Every\* Saturday Morning 10am – 12.30pm & Club Trips

\*Please check the website for availability

Fee - £10.00 per session for paddlers using the centres kit\*

Fee - £ 7.50 per session for paddlers using their own kit

\*Open Canoe/Kayak provided

### **Canoe Safety Test**

Courses can be run throughout the year, please contact the centre directly on:

020 8549 3066

### **BCU Aquatic First Aid**

Courses can be run throughout the year, please contact the centre directly on:

020 8549 3066

### **Coaching Courses**

BCU Kayak Level II coach Training

BCU Canoe Level II coach Training

Available on request please contact the Centre directly on:

020 8549 3066