

ALBANY PARK CANOE AND SAILING CENTRE

Kayak & Open Canoe Adult Training Courses 2008

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 15th March 2008

Saturday 19th April 2008

Saturday 17th May 2008

Saturday 14th June 2008

Saturday 19th July 2008

Saturday 16th August 2008

Saturday 20th September 2008

Saturday 18th October 2008

Course Fee - £32

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.

Craft types

Kayak – double paddle

Canoe – Single paddle

Course Times

09:30am – 16:30pm

Course Dates

Kayak

Saturday 15th March 2008

Saturday 19th April 2008

Saturday 17th May 2008

Saturday 14th June 2008

Saturday 19th July 2008

Saturday 16th August 2008

Saturday 20th September 2008

Saturday 18th October 2008

Saturday 15th November 2008

Course Fee - £72

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 paddle club session to consolidate your skills between course dates. Saturday morning paddlers sessions run from 10 am – 12.30, dates for these sessions are posted on our website.

Course Dates

Course 1

Saturday 17th May & Sat 14th June 2008

(1 free Sat paddlers session between course dates)

Course 2

Saturday 20th September & Sat 18th October 2008

(1 free Sat paddlers session between course dates)

Course Fee - £125

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 see trip dates or contact Jon at the Centre on 0208 549 3066

Course Fee - £125 + travel / venue dependant

3 Star Assessment available on request

FLATWATER TRIPS & TOURS

Saturday 14th June Weybridge – Albany Park

Saturday 20th & 21st September Upper Thames experience (Open Canoe Expedition)

Lechlade – Swinford Bridge

The above trips are open to all ability levels

MOVING WATER TRIPS

October 18th & 19th River Wye Symonds Yat

November 15th & 16th 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.

BCU 4 Star Leader Courses

Whitewater Kayak or Open Canoe

Available on request

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

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