



ALBANY PARK CANOE AND SAILING CENTRE

Kayak & Open Canoe Adult Training Courses 2010

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 17th April 2010 am & pm sessions

Saturday 19th June 2010 pm sessions only

Course Fee - £39

Course Ratios

Instructor to participant 1:8





BCU 1 STAR

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 and kayak.

Course Times

09:30am – 16:30pm

Course Dates

Saturday 20th March 2010
Saturday 17th April 2010
Saturday 15th May 2010
Saturday 19th June 2010
Saturday 17th July 2010
Saturday 14th August 2010
Saturday 18th September 2010
Saturday 16th October 2010

Course Fee - £95

Craft types

Kayak – double paddle
Canoe – Single paddle

Course Ratios

Instructor to participant 1:8



BCU 2 STAR

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 an additional complementary practice session. (*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 Paddlers club session to consolidate your skills between course dates. Saturday 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 19th June and Saturday 17th July 2010

(1 free Saturday Paddlers session between course dates)

Course 2

Saturday 18th September and Saturday 16th October 2010

(1 free Saturday Paddlers session between course dates)

Course Fee - £144

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 Times

09:30am – 16:30pm

Course Dates

Saturday 16th October 2010 – Kayak

Sunday 17th October 2010 – Open Canoe

Saturday 20th November 2010 – Kayak

Sunday 21st November 2010 – Open Canoe

Course Fee - £140 + travel / venue dependant

Course Ratio

Instructor to participant 1:8

3 Star Assessment available on request, contact Jon at the Centre on 020 8549 3066



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
River Exe & Barle
River Dart

The above trips are open to all paddlers holding a BCU 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 - £50 per hour, minimum 2 hours, up to 2 people

Kayak / Canoe

Course fee - £45 per hour, minimum 1 hour, up to 2 people

Adult Paddlers Session

*Saturday Morning 10am – 12.30pm & Club Trips

*Please check the website for availability found on the Kayak page

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

Fee: - £75 for 6 hours of basic tuition

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 Level 1 Coach Course

BCU Kayak Level II Coach Training

BCU Canoe Level II Coach Training

Available on request please contact the Centre directly on:

020 8549 3066

