



ALBANY PARK CANOE AND SAILING CENTRE

Kayak & Open Canoe Adult Training Courses 2011

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 16th April 2011 am & pm sessions

Saturday 18th June 2011 pm sessions only

Course Fee - £45

Course Ratios

Instructor to participant 1:8

To book courses please select the 'book courses online' link near the bottom of the homepage

Please note: All adult courses are on offer to ages 18+





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 16th April 2011

Saturday 14th May 2011

Saturday 18th June 2011

Saturday 16th July 2011

Saturday 20th August 2011

Saturday 17th September 2011

Saturday 15th October 2011

Course Fee - £95

Craft types

Kayak – double paddle

Canoe – Single paddle

Course Ratios

Instructor to participant 1:8

To book courses please select the 'book courses online' link near the bottom of the homepage

Please note: All adult courses are on offer to ages 18+





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 18th June and Saturday 16th July 2011

(1 free Saturday Paddlers session between course dates)

Course 2

Saturday 17th September and Saturday 15th October 2011

(1 free Saturday Paddlers session between course dates)

Course Fee - £160

Course Ratios

Instructor to participant 1:8

To book courses please select the 'book courses online' link near the bottom of the homepage

Please note: All adult courses are on offer to ages 18+





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.

3 Star Training

Course Times

09:30am – 16:30pm

Course Dates

Saturday 15th October 2011 – Kayak

Sunday 16th October 2011 – Open Canoe

Saturday 19th November 2011 – Kayak

Sunday 20th November 2011 – Open Canoe

Course Fee - £140 + travel / venue dependant

Course Ratio

Instructor to participant 1:6

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

To book courses please select the ‘book courses online’ link near the bottom of the homepage

Please note: All adult courses are on offer to ages 18+

Website: www.Albanypark.co.uk





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

Course fee - £55 per hour, minimum 2 hours, up to 2 people

Kayak / Canoe

Course fee - from* £50 per hour, minimum 1 hour, up to 2 people

*2 Star level and above £60 per hour, minimum 1 hour, up to 2 people

Powerboating

Course fee - from* £60 per hour, minimum 2 hours, up to 2 people

*Dependent on boat type/venue

Please contact the centre directly on: 020 8549 3066

Adult Paddlers Session

Saturday Morning 10am – 12:30pm & Club Trips

Please check the website for availability by selecting the Kayaking page

Fee: - £15.00 per session

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

