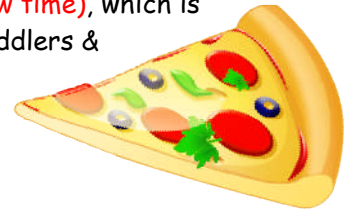




Attention U 14's !

If you are U14 years of age you can join a number of different groups which are run by club coaches. These sessions are run throughout the year by Pam, Kathryn D & Alison.

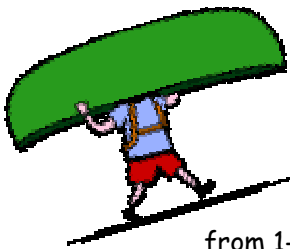
We offer a fun Level 1 session on Thursdays **5-7pm (please note new time)**, which is also our club night where you would get to meet a lot of our club paddlers & you can stay for a meal if you would like.



Another Level 1 session for U14s also runs on Saturday afternoons from **1-3pm (please note new times)**. You can come to both sessions or just one, it's up to you.

The main aims of these sessions are as follows:

- Building confidence on the water & having fun through a variety of games & activities.
- Building on basic skills with emphasis on good technique.
- Increasing your awareness of core stability & aerobic fitness & encouraging you to participate in some form of land training on Thursday evenings & Saturday afternoons during the winter months if weather conditions make it unsuitable to get out on the water.



We also have sessions run by coaches on a Saturday morning from 10-approx.12.30pm and Saturday afternoon from 1-approx 3.30pm. There is no age restriction on these sessions but they are longer and paddlers would be expected to go further than those on the level 1 sessions. These sessions are run by Mick, Malcolm, Alan & Dave.

