



Canoe Training Day for Women of all ages and Males U18 Saturday 18th September 10-4pm

Day's Programme:

The group will be split into two; Novices and intermediates/advanced. Novices will learn how to paddle a canoe, whereas the intermediate group will do a couple of training sessions during the day including wash hanging practice.

We will also run a video analysis session in the afternoon.

All abilities welcome. We will provide as many boats as possible.
Please bring your own boats with you if you have any.

If you have any questions about the day or would like to attend,
please contact Sam Rippington either by phone or e-mail.

Contact: Sam Rippington

Tel: 07816 075096 **E-mail:** c1paddler@hotmail.com

Venue: Longridge Canoe Club, Quarry Wood Road, Marlow, SL7 1RE

