

## Men's 2-day Paddler course



Dates: 23<sup>rd</sup> + 24<sup>th</sup> September

Time: 10am – 4pm

Venue: Hampton Canoe Club, Hampton, TW12  
2EA (Opposite The Bell Inn pub)

This project is aimed at men, to help improve physical health and emotional well-being, and help form social networks.

**Mary Frances Trust are working with Hampton Canoe club to introduce new paddlers to the delights of kayaking and canoeing. The paddler course provides you with the essential skills to become a basic adult paddler and you receive the British Canoeing Paddle Discover Qualification on completion of the 2-day course.**

This FREE course runs for 2 days and includes:

- Two days of professional coaching by 2 experienced coaches.
- Hire of a boat, paddle, and buoyancy aid.
- Assessment for Hampton Paddler and British Canoeing Paddle Discovery awards.
- Tea/Coffee and biscuits.

**Prerequisite: Candidates should be water confident and ideally should be able to swim (this is desirable but not essential).**

Please contact Michael Powell for more information

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