

## PEAK PADDLERS BECOME POOL PADDLERS!

From the 1<sup>st</sup> October Peak Paddlers will be paddling at the swimming baths in Buxton for six weeks and then relocating to New Mills swimming baths. Obviously there is a limit to the number of paddlers that can be accommodated at each session so we are going to run three courses specifically for beginners.

Listed below are the sessions and information on how to book a place on the courses.

1 <sup>st</sup> October	2000 - 2100	Beginners' Course A Buxton - Water Confidence & Strokes
1 <sup>st</sup> October	2100 - 2200	Improvers' session
8 <sup>th</sup> October	2000 - 2100	Beginners' Course A Buxton - Rescue Skills
8 <sup>th</sup> October	2100 - 2200	Improvers' session
15 <sup>th</sup> October	2000 - 2100	Beginners' Course A Buxton - Bracing & Rolling
15 <sup>th</sup> October	2100 - 2200	Improvers' session
22 <sup>nd</sup> October	2000 - 2100	Beginners' Course B Buxton - Water Confidence & Strokes
22 <sup>nd</sup> October	2100 - 2200	Improvers' session
29 <sup>th</sup> October	2000 - 2100	Beginners' Course B Buxton - Rescue Skills
29 <sup>th</sup> October	2100 - 2200	Improvers' session
5 <sup>th</sup> November	2000 - 2100	Beginners' Course B Buxton - Bracing & Rolling
5 <sup>th</sup> November	2100 - 2200	Improvers' session
12 <sup>th</sup> , 19 <sup>th</sup> November	New Mills Swimming Pool 2030 - 2130	Improvers' sessions
26 <sup>th</sup> Nov 3 <sup>rd</sup> , 10 <sup>th</sup> , Dec	New Mills Swimming Pool 2030 - 2130	Beginners' Course C
17 <sup>th</sup> December	New Mills Swimming Pool 2030 - 2130	
	All welcome last paddle before Christmas!	
7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , January	New Mills Swimming Pool 2030 - 2130	Improvers' sessions

Places are limited to 15 per session on the beginners' course so please book early to avoid disappointment! We are running three, three-week courses, which will cover the essentials to improve your skills and help you gain confidence in a boat.

You only need to book on one of the courses A, B or C.

If you are booked on a course please pay for the whole course at the first session.

The open sessions for improvers are limited to 25 paddlers per session at Buxton, 20 per session at New Mills and are available on a first come first served basis.

Course Cost: £15 Peak Paddlers Members (not available to non-members)

Session Cost: £5 Peak Paddlers Members

Taster Sessions £7.50 non-member (extra cost to pay for BCU cover)

Taster sessions are subject to availability and will be held during the Improvers Sessions.

(Max of 2 sessions per person)

If you are a coach, you are welcome to join us and will get free sessions if you are willing to coach other members of the club (up to a maximum of 4 coaches per session). If you are coming to sharpen your own skills then normal session costs apply. Or help us by coaching the Beginners' Course and get the session afterwards free.

Please note you can bring your own boat to the pool but it MUST be very, very clean!

Sessions will continue throughout February and March, updates will be available during January.

In order to book a place on a Beginners' Course or a session you need to contact:

Galvin Johnson on 07796 266736 or email [vernon\\_bear@hotmail.co.uk](mailto:vernon_bear@hotmail.co.uk)