

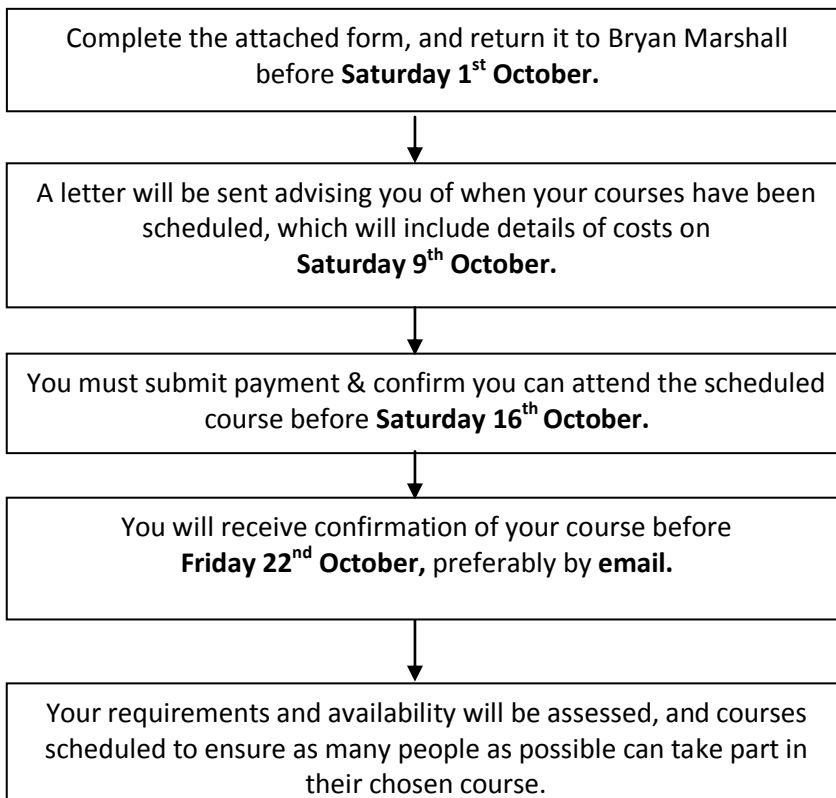
NEWARK CANOE CLUB

"Beat The Chill"

2010 Winter Pool Session Booking Form

Pool sessions will take place at North Kesteven Centre, Moor Lane, North Hykeham on Saturday evenings from **7:30pm**. These sessions are always in great demand, and in previous years, demand has exceeded supply, so it is important to complete and return the attached form as soon as possible.

The process:



Note: You will not need to book in advance for either the family fun, or friends and family sessions, just turn up and pay on the day, although it would be helpful to indicate if you would be interested in attending these sessions.

Costs: All sessions will cost £5.

Booking: Using the attached form please let us know which courses you would be interested in taking, and the dates you are available.

Courses – These will be held over 2/3 consecutive weeks, courses will comprise: -

Basic skills

– for the relative newcomer and inexperienced paddler

Youth Confidence

– building confidence in the water and practising skills and techniques

Rescues

– practical rescue techniques for people of all sizes, including bow rescues, paddle presentation, X-rescues and all-in rescues.

Recovery strokes

– practical application of recovery strokes in warm water, encouraging commitment to the stroke

Rolling

– learn to roll, or improve your rolling in warm water!

Family fun session

– organised team games and competitions for all the family

Friends and family

– an opportunity to introduce relatives, and friends who are not club members to the delights of paddling, (a fun, warm way for kids to get their parents involved in the sport!)

- **Please also note:** feel free to add a note anything else that you would like that has not been included, and we will try to accommodate your needs where possible!

Costs – All sessions will be £4 for 60 minute sessions. For Family/Fun sessions the cost will be capped at £12 for 4 or more family members.

This year the cost of pool hire has increased significantly, but we have kept the cost the same.

The club will just about break even at this cost so please support the sessions.

The sessions will start at 7:30pm and 8:30pm. In order for this to work well, it will be important that paddlers are ready on the poolside **5 minutes** before the start time of their session in order to guarantee a smooth hand-over.

If you require any further information, please do not hesitate to contact Bryan Marshall on **01522 881905**

"Beat The Chill" 2010 Booking Form

Please provide an **email** address you can be reached on (if you have one):

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"Beat The Chill"

Please enter the name of each paddler, and mark with a tick their preferred choice of course.

	Example Name	Name 1	Name 2	Name 3	Name 4	Name 5
Course Title	Jim Smith	Enter Name Here	Enter Name Here	Enter Name Here	Enter Name Here	Enter Name Here
Basic Skills						
Youth	✓					
Rescues						
Recovery	✓					
Rolling						

Please enter the dates when each paddler will be able to paddle and indicate your preference for early or late session.
All sessions will be on Saturdays from 7:30 or 8:30 pm.

PLEASE indicate which session you would like

	Example Name	Name 1	Name 2	Name 3	Name 4	Name 5
Date	Jimmy Smith	EnterNameHere	EnterNameHere	EnterNameHere	Enter Name Here	EnterNameHere
30/10/09		7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
13/11/09	✓	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
27/11/09	✓	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
11/12/09	Family / Fun Session 7:30 – 9:30 pm					
08/01/10		7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / Coaches
23/01/10		7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
05/02/10		7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
19/02/10	Family / Fun Session 7:30 – 9:30 pm					
05/03/10	✓	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30
19/03/10		7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / 8:30	7:30 / Coaches

Do you think you would be interested in attending FUN sessions? YES / NO

Please note there will be two Coaches Update session on 8th Jan and 19th Mar 2010

Do you have any friends or family who would like to try kayaking that might come to some family and friends sessions? YES / NO.
There is no obligation for either of these sessions at the moment – I'm just trying to get an idea of demand.

Please return this completed form before **Saturday 1st October**, to:

Bryan Marshall, 322 Brant Road, Waddington, Lincoln, LN5 9AJ

Or Email a copy to:

chairman@newarkcanooclub.org.uk