



WITH THE FLOW

BRITISH CANOEING COURSE DATES

All these courses are nationally recognised, developed and moderated by the governing body. Upon successful completion, you will receive an E-Certificate from British Canoeing.

**To book, please fill out a booking enquiry form through the website or contact us:
07824681435 coaching@withtheflow.co.uk**

Start Award: The Start Award is exactly what it says on the tin, it's a place to start your paddling journey. If you're brand new to the sport and really want to learn the basics to get started, then this is the award for you. You'll cover everything from getting in and out of the boat, what you need to wear and paddling forward. We'll cover loads of games and a short tour of the historic canal.

Location: Gloucester and Sharpness Canal

Duration: 2 Hours

Age: 10+ (under 18's must be accompanied by an adult)

Price: £40pp Including equipment hire

Craft: SUP, Canoe or Kayak

Dates: 17/02 (1pm-3pm) 10/03 (1pm-3pm) 21/04 (1pm-3pm)



Discover Award: The Discover Award takes you on the next steps towards becoming an independent paddler, for a fun and safe time on the water. Developing an understanding of the factors which affect your paddling; developing your decision making and practical skills, giving you confidence on the water.

Location: Gloucester and Sharpness Canal

Duration: 1 Day (Approx 6 hours) *Some dates may be split across two evenings*

Age: 10+ (under 18's must be accompanied by an adult)

Price: £65pp

Craft: SUP, Canoe or Kayak

Dates: 25/02 21/03 16/04 & 17/04 (6pm-8pm)





WITH THE FLOW

Explore Award: If you want to become independent on the water, go on self-guided adventures and know how to control your craft and stay safe on the water, this is the award for you. If you've never been paddling before, it might be worth starting with the Start and Discover awards. In this award you will take ownership of your own decisions and learn to make confident choices, based on the places you paddle, wind and weather.

Location: Saul Junction (Gloucester and Sharpness Canal & River Frome)

Duration: 2 Days (Approx. 12 hours) *This may be split across four evening sessions*

Age: 10+ (under 18's must be accompanied by an adult)

Price: £135pp

Craft: SUP, Canoe, or Kayak

Dates: 6th & 7th/04 23rd & 24th & 25th & 26th/04 (6pm-8pm)



Paddle Safer Award: The Go Paddling Paddle Safer course is designed for anyone new to paddling, or relatively inexperienced to paddling, wanting to gain knowledge and raise their awareness of paddling safely in a sheltered water environment, in or on the craft that they paddle.

Location: Gloucester and Sharpness Canal

Duration: 2 hours

Age: 10+ (under 18's must be accompanied by an adult)

Price: £35pp

Craft: SUP, Canoe or Kayak

Dates: 06/04 (10am-12pm) 19/04 (6pm-8pm) 30/04 (6pm-8pm)





WITH THE FLOW

Paddlesport Safety and Rescue Course: This course will support you to explore and practise simple strategies and safe skills that provide you with the tools to solve common paddling issues in a sheltered water environment, providing peace of mind when venturing out onto the water.

Location: location to be determined

Duration: 1 day (8 hours)

Price: £90pp

Craft: SUP, Canoe or Kayak

Dates: Dates coming soon with the warmer weather!



To book, please fill out a booking enquiry form through the website or contact us:
07824681435 coaching@withtheflow.co.uk

Can't find the course you're after? Let us know and we'll see if we can help!



@withtheflowcoaching



www.withtheflow.co.uk



coaching@withtheflow.co.uk



07824681435