



WITH THE FLOW

WITH THE FLOW COURSE DATES

Feb 2024 - April 2024

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

SUP Play: The SUP Play session is designed for those that have never been on a paddleboard before or maybe have just bought your own SUP. You will learn the basics to become confident and safe when on the water as well as lots of games and fun! Great for families and all individuals!

Experience: **Beginner**

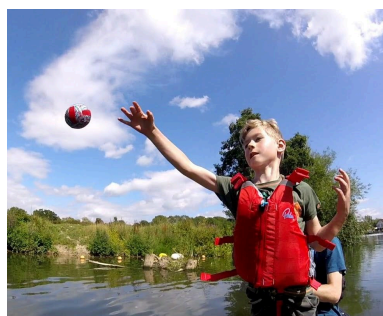
Location: Gloucester and Sharpness Canal

Duration: 2 Hours

Price: £30pp Including equipment hire (under 13s go half price!)

Craft: Stand Up Paddleboard

Available Dates: 10/02 (10am-12pm) 10/02 (1pm-3pm) 30/03 (10am-12pm) 30/03 (1pm-3pm) 14/04 (10am-12pm) 14/04 (1pm-3pm)



SUP Progress: The SUP Progress lesson is for people that have some SUP experience and is a good follow on from the SUP Play session. In this 2 hour lesson your experienced coach will show you a range of tips and tricks to help you develop on the water. We will cover safe paddling, rescue techniques and much more!

Experience: **Intermediate**

Location: Gloucester and Sharpness Canal

Duration: 2 hours

Price: £40pp

Craft: Stand Up Paddleboard

Available Dates: 11/02 (10am-12pm) 31/03 (10am-12pm) 21/04 (10am-12pm)





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Wye Valley SUP Experience: Enjoy a journey through the Wye Valley (an area of outstanding beauty) on this guided trip. You will be led by our experienced guide who can also give tips and advice along the way. This trip is designed for all abilities and experience. Your guide will give you all the relevant coaching needed before setting off down the river. This is a full on action packed experience so be ready for a full day of adventure!

Experience: All ability

Location: River Wye

Duration: 1 Day

Price: £95pp

Craft: Stand Up Paddleboard

Available Dates: 24/03 27/04



Introduction to Moving Water: Your day will begin on the calm stretches of the river Wye where your experienced coach will go through the skills and techniques that will be used to tackle the day. Then you will be led down the river, ultimately ending up at Symonds Yat Rapids where you will have a chance to spend some time running the section along with tips and advice from your coach. This is a safe and confidence inducing first step into moving water! Great for progression on from the British Canoeing Start and Discover Awards.

Experience: Intermediate

Location: River Wye

Duration: 1 Day

Price: £95pp

Craft: Kayak

Available Dates: 24/04





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Canal Tour: Explore the history and hidden secrets that the Gloucester and Sharpness Canal has to offer. Starting the small village of Purton, we will paddle along the Canal towards Sharpness Docks. On this journey, there's a chance to see a wealth of wildlife, the Purton ship's graveyard, the remains of the railway bridge disaster and more! This is aimed at anyone, irrespective of age or ability!

Experience: Beginner

Location: Gloucester and Sharpness Canal (Purton)

Duration: 2 Hours

Price: £30pp including equipment hire (under 13s go half price!)

Craft: SUP, Canoe or Kayak

Dates: 17/02 (10am-12pm) 10/03 (10am-12pm) 21/04 (1pm-3pm)



Rescue Workshop: The Rescue Workshop is a relaxed environment to share ideas and to practise different rescue styles and scenarios. The workshop will be run by our head coach, Ollie, who will share some of his personal experiences all with the aim to create and maintain a strong safety culture within paddlesport. This workshop will massively benefit anyone who is in, on or even just around the water!

Experience: All abilities

Location: Cromhall Quarry

Duration: 2 hours

Price: £50pp

Craft: SUP, Canoe or Kayak

Dates: Dates to come with the warmer weather!





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



[@withtheflowcoaching](#)



www.withtheflow.co.uk



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