

PADDLING IS A GREAT WAY to improve your fitness and enjoy yourself on the water. Paddling can give you better core stability and develop your aerobic fitness, strength and flexibility. You can start at 8, or be a paddling pensioner!

At Falcon we are offering a range of beginner courses from mid-April. Places are limited, so **book soon!**

About Falcon

Falcon is a rowing and canoeing/kayaking club. On the kayaking side, we paddle flatwater boats, which are long and slim and designed for racing or touring on fairly placid water. Most of our members paddle for fitness or to race, but there are also people who just like to go out and

enjoy the scenery! We also have an active canoeing group, (canoes are bigger, open boats with single-ended paddles).

Falcon is a members club, so once you have completed a beginners course, or a set of regular sessions, you will need to join in order to keep paddling with us. Standard membership is £130 per year in 2015, but there are lower rates for juniors, for families and for canoe-only paddlers.

Members can use club boats, paddles and buoyancy aids, and can come along to any of the weekly sessions that are within their capabilities. There are also regular races and one-off events throughout the year.

Learn to Paddle in

2015!

 Falcon Canoeing and Kayaking



Falcon summer schedule – from Monday 13 April

Weekly sessions

Day/time		Group	Main coaches
Saturday	9.00 am	Junior beginners	Keith Long, Amie Todd
	9.00 am	Junior improvers	Lucy Perry, Andy Solway
	9.00 am	Adult beginners/improvers	Roger Tritton, Nick Barnett
	11.30 am	Junior beginners/improvers	Doug Staff, Nick Barnett
Tuesday (from 21 Apr)	6.00 pm	Canoeing trips/skills session	Doug Staff, Mike Tadman
Thursday	6.30 pm	Adult improvers	Nick Barnett, David Waters
Friday	6.30 pm	Adult improvers	Jen Clough, Andy Solway

Adult beginner courses

Dates	Times	Group	Main coaches
Sat 30–Sun 31 May	2–4 pm Sat 10 am–4 pm Sun	Adult beginner/improver kayaking weekend	Andy Solway, Jen Clough
Mon 1, 8, 15 22 June	6.30 pm	Adult beginners 4-week course	Peter Travis
Sat 27–Sun 28 June	2–4 pm Sat 10 am–4 pm Sun	Adult beginner/improver canoeing weekend	Doug Staff, Mike Tadman
Mon 6, 13, 20 27 July	6.30 pm	Adult beginners 4-week course	Peter Travis
Sat 25–Sun 26 July	2–4 pm Sat 10 am–4 pm Sun	Adult beginner/improver kayaking weekend	Andy Solway
Sat 29–Sun 30 Aug	2–4 pm Sat 10 am–4 pm Sun	Adult beginner/improver kayaking weekend	Andy Solway

Coach contact details

Nick Barnett: n_barnett@btconnect.com
Jen Clough: jen.clough@btinternet.com
Keith Long: joannewalker_05@hotmail.com
Lucy Perry: lucy.perry@gmail.com
Andy Solway: solway3@gmail.com

Doug Staff: dickstaff@btopenworld.com
Mike Tadman: tads64@googlemail.com
Peter Travis: fbcmailbox2000-falcon@yahoo.co.uk
Roger Tritton: rogertritton@hotmail.com
David Waters: david_waters@talk21.com

Course and session costs

Weekly sessions are £10 for non-members, FREE for Falcon members. Non-members can do four weekly sessions, after which they must join the club if they wish to continue paddling with us.

Adult beginner courses: the Monday beginner course is £40 for four 1-hour sessions. The weekend beginner courses are £80 for an 8-hour weekend course.

Improve 2-star training: the adult weekend courses also offer an opportunity for improvers to work towards a 2-star certificate. Weekend courses are £20 for Falcon members. On the Saturday the improvers will help get the beginners started on the water. On the Sunday they will have a separate coached sessions in 2-star skills. Improvers who do one weekend kayaking course plus the canoeing course in June should reach 2-star level.

What to bring

For all beginner sessions/courses, please wear clothing that you can get wet in, such as thermal tops and track suit bottoms. Also bring a waterproof top, even in warm weather. Note that cotton clothing is cold and uncomfortable when wet. In addition, please make sure to bring a towel and set of dry clothes to change into. Staying in wet clothing for long periods can easily lead to hypothermia.