

**SOUTH KYE AND LOCHALSH
WINTER POOL SESSIONS NOVEMBER 2011**

Children (aged 10yrs and over) 8pm-9pm

Adults 9pm-10pm

All welcome, but places are limited- for more information or to book a place, please go to our website:

www.skye-lochalsh-kayaking.co.uk

or phone Lis Phillips on 01471 820086

9th November

CHILDREN- keeping safe in the pool + meet the boat -no paddles this week- find out just how many things you can do in a kayak with no paddle!

Finish up with a game of Kayak Stick in the Mud and the world famous Kyle Wave Machine.

ADULTS- getting in and out of the kayak- have a go at everything from getting in at the side of the pool to climbing in via the back deck and more.

Up Kyle Pool Without a Paddle! - begin to look at turning and manoeuvring the boat using body and hands.

16th November

CHILDREN- speed session- sprinting in style. Looking at how we can get places fast. We hope to film you (if you like) so that you can see how you look in a kayak.

Finish with a time trial relay race (practice that tight cornering!) and Kayak tug of war

ADULTS- looking at forward paddling and how to turn as efficiently as you can- will your paddling style keep you going for miles when you get out to sea? We can use filming to check on your style and technique. Have a chance to try out different paddles; asymmetric, feathered, Inuit, crank-shaft- how to demystify paddle choice.

23rd November

CHILDREN -SOS session. How can we keep upright when the going gets rough? Learn how to look after yourself and your friends. By the end of the session you should be able save yourself from tipping in and know how to rescue a buddy.

Finish with Boat on a Rope, Sunken Boats

ADULTS - how to use your boat, body and blade to support yourself even in challenging waters. Rescue sessions- we all need to know how to save each other!

30th November

CHILDREN- first aid for kayakers- a look at what to do if your paddling partners get sick or hurt at sea.

Games session; submarines, tag, raft games + world record attempt at how many people can balance on one sea kayak...

ADULTS- preparing for the great outdoors! We will have a couple of sea boats in the pool- a chance to look at the kit we carry for sea paddling, types of paddles, how to keep safe out on the open sea. Have a shot in a sea boat in the warm waters of Kyle pool.

Tuition is provided by club coaches all of whom have British Canoe Union coaching qualifications.

