

Clitheroe Canoe Club - Chatburn Water Summer Sessions

17th April - 29th May

Now that the weather is starting to get warmer and the days longer, it is time to start paddling sessions again on the Lodge at Chatburn. Even on the cold days, with our new heating and hot showers it should be comfortable for everybody.

The courses this Year are going to be run on the **BCU Test Syllabus 1 star, 2 star & 3 star** and maybe some 4 star tests depending how well you do.

The format for Saturday's will be as follows:

2 pm - 3.30 pm Coaching for the relevant Star Tests

3.30pm - 5 pm Fun Sessions

The coaching sessions will also involve every three or four weeks, a feedback session where another coach will oversee the sessions and give a progress report back to the individuals.

The fun sessions will follow the same format as last Year with the usual raft running and games designed for all to enjoy and to increase confidence. I am sure that Jonathan Downing will be looking to try and lose a few more of his buckets during these sessions!

Should you have any questions or queries as to which of the coaching groups you should join, please give me a call on 01200 447609.

Kind regards

John Turner