

Next Course begins November
10 and continues Nov 17 Nov
24



INTRODUCTION TO KAYAKING 3 SESSIONS

- ◊ Experience kayaking in a Group Paddling Environment
- ◊ 3 Sessions To Build Confidence
- ◊ Discount on 12 Month Membership



Adults \$50
Juniors \$25

SECURE YOUR PLACE BY EMAILING
fnccc@paddle.org.au OR PHONE 0428213243

Session Information

Far North Coast Canoe Club (Lismore) would like to invite you to start ,or refresh your kayaking experience with us.

3 group sessions will get you on the river in a safe paddling environment. It is an ideal way to commence paddling. This will also set you up to paddle regularly and join the club.

1

Dates / Session Dates

3 Saturdays in a row

Each on a Saturday 8.00 to 9.30 am approx.

Dates advised separately.

2

Cost / Covers All Supplied Equipment and Insurance

\$50 per person adults

\$25 per person juniors- 18 yrs and younger

There are strictly limited numbers. First in first served.

If you choose to join the club the club at the end of the last session your fee will be credited towards adult club

3

What To Bring/ Personal Items

1. Sports clothes (you are willing to get wet in). Shoes for water, if you have them.
2. Hat and Sunscreen
3. Water bottle
4. Towel and change of clothes. Change rooms , toilets provided.

What you learn - a bit more detail

Each week we will progressively add to your skills in stable boats which makes learning easy and fun. Experienced kayakers will help you through the basics. The end goal will be to give you enough skills to paddle in a group on flat water.

Week 1

Getting Started

1. Safety Brief - PFDs and Paddles
2. Set up Boats – seating - steering - check rudders
3. Learn forward stroke, stopping stroke
4. How to get in and out of the water followed by 25 min paddle. Boat wash down and put away

Week 2

Revise Basics and Learn More

1. Revise forward stroke then hit the water
2. Practice forward, stopping and learn back stroke
3. Learn Sweep stroke
4. Easy paddle - approx 45 mins on the water

Week 3

Simulated Paddle

1. Prepare and organise for your own paddle. We cover. tides, weather, locations and other safety essentials
2. Get yourself into the water as we paddle on the river (if conditions are suitable.)
3. Approximately 60 min paddle.

Kayaks Used.

We teach our beginners in stable sea kayaks.



Meeting Place and Directions

Meet at our clubhouse. It's on the Wilsons River in Lismore. Many people know the location as the Rowing Club Carpark.

Near Spinks Park, drive through the levee gates at the roundabout on corner of Moleworth and Magellan Streets. Turn left and proceed to the lower car park next to the river.

