



# 2019

## TRY CANOE SLALOM

### FOR ADULTS

Are you looking for a new sport?  
Are you looking to be more healthy?  
Are you looking for a new challenge?  
Could this be the sport for YOU?



WOULD YOU LIKE TO TRY A  
DYNAMIC EXCITING WATER  
SPORT?

ADULT TASTER SESSIONS

2019

Sunday 28 April  
10.00am to 12.00pm

or

1.00pm to 3.00pm

Cost £10.00  
per paddler

(Limited places available)

To book your place for  
2019 please contact:

[beginners@staffordandstonecc.co.uk](mailto:beginners@staffordandstonecc.co.uk)



STAFFORD AND STONE CANOE  
CLUB

WESTBRIDGE PARK STONE

# Try Canoe Slalom

## 2019



Thank you for your enquiry about canoeing at Stafford and Stone Canoe Club.

If you would like to find out more about the sport of canoe slalom and have a go, please sign up for a Taster Session – contact details below.

Taster Sessions take place at Stafford and Stone Canoe Club on the River Trent in Westbridge Park, Stone.

The taster session fee is £10.00 (either cash or cheque to “Stafford and Stone Canoe Club”, payable when you attend the session).

Qualified coaches supported by other club members will run the sessions. Please wear some close fitting warm clothing (or a wetsuit if you have one) and some old trainers. Shorts and tee-shirt are not sufficient, and jeans are no good. In case you get wet you should also bring a complete change of clothes and a towel. Changing rooms, showers and toilet facilities are available in the clubhouse.

Boat, paddles, buoyancy aid, helmet and a canoeing cagoule will be provided.

River water is not as clean as drinking or swimming pool water. All participants should shower following the session, either at the club or at home. It is particularly important that at least face and hands are washed before eating or drinking.

Places are limited and will be allocated on a first come, first serve basis.

Details of follow up taster course will be given at the taster session

Details on progression into the club after the course will be provided by the coaches near the end of your course.

### Contact Information

Deborah Homer

email [beginners@staffordandstonecc.co.uk](mailto:beginners@staffordandstonecc.co.uk)

Stafford and Stone Canoe Club