



**Bewerley Park Centre for
Outdoor Education**
Paddlesports 2009



Introduction to WhiteWater Kayak – 6th 8th Nov

Yorkshire has some amazing white water rivers and YOU want to kayak them!

This course will suit anyone who has some kayak experience but wants a safe and fun introduction to moving and white water.

This course will look at the sort of skills that are necessary to get down a white water river with confidence, control and style:

- Preparation (of equipment and of the mind!)
- Choosing the right 'line' down a rapid
- Ferry glides and using eddies.
- Working as a team on the river
- Basic safety

Our qualified and highly experienced coaches will tailor the course to suit your needs so that you can build on your existing skills as well as learning new ones.

Don't worry if you don't have all the gear because we do and you are free to use it during the course.

We will also provide you with advice and a plan of action to help you take your new found skills further in the future.

The river is ready. Are you?



To book, please contact the Centre at

**Bewerley Park Centre for Outdoor
Education, Pateley Bridge, Harrogate,
North Yorkshire, HG3 5JB**

Tel: 01423 711287 Fax: 01423 712648

Email: bewerley.park@northyorks.gov.uk

Costs Include:

- All Tuition,
- Individual action plans, post course
- Any specialist equipment required (excluding personal clothing).
- Transport to and from venues whilst on the course.
- Accommodation (inc. camping fees) and food

Course Cost
£170 Residential
£135 Non residential