

February Half-Term

Activity Days

£35.00

Every week day we are running Activity Days from 8.45am—5.00pm. The price includes lunch.

Triathlon 'Dare To Try'

20th February

No charge

These 90-minute taster sessions are provided by The Triathlon Federation to introduce the sport to Longridge

Easter Holidays

Activity Days

£35.00

Every week day (not including bank holidays) we are running Activity Days from 8.45am—5.00pm.

BCU PaddlePower Passport

6th / 7th April

£88.00

2-day course that will lead to accreditation under the BCU Paddle Power passport scheme.

BCU Paddle Power Discover

12th -16th April

£125.00

This 5-day course is the next stage after Paddle Power Passport

Rowing Introduction Course

12th /13th April

£70.00

2-day courses to provide all ages with a basic understanding of sculling techniques

May Half-Term

Activity Days

£35.00

Every week day (not including bank holidays) we are running Activity Days from 8.45am—5.00pm.

BCU PaddlePower Passport

1st / 2nd June : 5 / 6th June

£88.00

2-day course that will lead to accreditation under the BCU Paddle Power passport scheme

BCU Paddle Power Discover

1—5th June

£125.00

This 5-day course is the next stage after Paddle Power Passport

Summer Holidays

Activity Days

£35.00

Every week day (not including bank holidays) we are running Activity Days from 8.45am—5.00pm.

BCU PaddlePower Passport

5th / 6th August : 12th / 13th August : 17th / 18th August : 24th / 25th August

£88.00

2-day course that will lead to accreditation under the BCU Paddle Power passport scheme

BCU Paddle Power Discover

23rd—27th August

£125.00

This 5-day course is the next stage after Paddle Power Passport

RYA Dinghy Sailing Stage 1 & 2

16th /17th August

£88.00

Aimed at the novice sailor, this course will lead to an assessment for either a Stage 1 or 2 award

RYA Start Sailing

18th /19th August

£120.00

For those with some sailing experience.

Rowing Introduction Course

22nd / 23rd July : 11th / 12th August

£70.00

2-day courses to provide all ages with a basic understanding of sculling techniques

For further details visit: www.longridge-uk.org

To book: bookings@longridge-uk.org
 01628 483252

Quarry Wood Road : Marlow :
 Bucks : SL7 1RE

Registered Charity: 1121239



Please Gift Aid your Activity Contribution....

Gift Aid Declaration

To assist us further and to take full advantage of reclaiming from The Inland Revenue 28p for every £ you have donated, would you please complete the Gift Aid Declaration.

Longridge on the Thames : Charity number – 1121239

I want Longridge to treat all donations I have made since 6th April 2009, and all donations I made from the date of this declaration until I notify you otherwise as a Gift Aid donation.

Full Name:

Address:

Postcode:

Signature:

Date:

Notes

- You must pay an amount of income tax and or capital gains tax at least equal to the tax that Longridge reclaims on your donations in the tax year.
- You may cancel this declaration at any time by notifying Longridge
- If your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that Longridge claims you can cancel this declaration.

Finish Upstairs of our Training Centre



Donation Form

Yes, I want to show my support for Longridge by making a donation of _____

Name

Tick if details same as above

Address

.....Post code

Telephone Email

Method of payment *Please circle one* Cash or Cheque or Credit card

Cheques should be made payable to Longridge, credit card payments may be made by calling our office on 01628 483252

or online at www.longridge-uk.org

We would like to email you occasionally with information about Longridge activities (you can unsubscribe easily at any time). However if you would prefer not to receive these emails please check this box

Contact: amanda.foister@longridge-uk.org

Please return this form with your donation to:

Heidi Nugent, Longridge, Quarry Wood Road, Marlow, Bucks SL7 1RE

Charity no. 1121239

