



Would you like to learn how to

Kayak or Row ?

Bucks & Berks Sport are offering all students the opportunity to learn how to kayak and row at **Longridge**.

These courses are part-funded by Sports England and the course is only **£40.00**

The kayaking courses last 10-weeks and start the week of **20th April**

The rowing courses last 10-weeks and start the week of **2nd March**

Training sessions start at 4.30pm and finish at 5.45pm weekdays and rowing also runs at the weekend from 2.30pm—3.45pm.

At the end of the course you will have achieved either a British Canoe Union (BCU) Paddlesports or BCU 1-star certificate in kayaking or be able to power a single scull in rowing.

These qualifications allow you to join Longridge's kayaking or rowing clubs.

The courses will run every weekday, so that you may select the day that best suits
To book you need to email bookings@longridge-uk.org and quote Sports Unlimited to be given the reduced cost of **£40.00**.



Quarry Wood Road : Marlow : Bucks SL7 1RE
Tel: 01628 483252 : www.longridge-uk.org
Registered Charity No. 1121239