

SUMMER BEGINNERS COURSE

Come and join us at Ascot Kayak Club (AKC) this summer and give kayaking a go. Everyone is welcome, kayaking beginners to competent paddlers

This is an intensive five-session course, run over a week, which will teach you the basic flat-water techniques and basic racing strategies.

Location: Ascot Kayak Club

Fauntleroy Ave,
ASCOT
(Garvey Park)

Dates: 2nd Jan - 6th Jan 2017

Time: 7am - 9am

Cost: \$50 (\$10 per session)

Participants: 12 - 17yrs

Following this five day intensive course, why not come and participant in your first Canoe Marathon Race at Lake Leschenaultia, in the Junior 5km or Novice 3.5km race.

AKC are offering:

- 5 sessions with AKC's Coach (Peter Kioutis) and club coaching assistants.
- Club cap on completion of course
- Entry to the State 10km Marathon Championship on the 8th January 2017.

To book go to https://bookeo.com/akcintrocourse?devent=233PAHW6J158AF555948_2017-01-02_OHFLiriYTNf

Or go to Ascot Kayak Club website under course registration.



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Further Information

The club facilities include change rooms and showers. Participants are required to bring:

- Sun protection (hat, sunscreen)
- Appropriate clothing to paddle in (shorts & t-shirts)
- Footwear / booties (not compulsory)
- Change of clothing for after session.

All equipment supplied but participants are encouraged to bring own craft and equipment, if suitable

All participants should be competent swimmers. All participants must wear PFD, whilst participating in the course (including if own craft provided).

Parents

Adjoining the club is the Ascot Riverside Kiosk, which does breakfasts, coffees and cakes. It is open on:

Weekends 7am-4pm

Monday 7am-2pm

Tuesday 7am-2pm

NB- cash only, no card/ eftpos facilities.

Garvey Park is a great location for a walk or bike ride along the foreshore and there is a boardwalk across the wetland heading towards the city. There is also a playground and half court basket ball court and plenty of free parking.

Roadwork's – Great Eastern Highway / Fautleroy Ave

There is roadwork's occurring around this intersection, alternate roads may need to be taken to get to the club.

State 10km Marathon Championships.

The State 10km Marathon Championships is the 4th race in the Be Active Marathon Canoe Series. This race is held at Lake Leschenaultia, on the 8th of January 2017. It is a circuit course around the lake, making it one of the most spectator friendly events of the season. Three lengths are available, the long course – 10km, short / junior course – 5km and novice / guppy class – 3.5km.

Further information regards the race registration will be provided at the course. Cost of race is normally \$20 for non-members and \$10 for CWA members.

Look forward to seeing you at the club.

Require further information please email Bonnie Metzke, Club Development at akcdevelopment@gmail.com