

## PHOENIX CANOE CLUB

*On the Welsh Harp Reservoir  
Based at the North Circular Sailing Club  
Cool Oak Lane, West Hendon, NW9*

### **INTRODUCTORY BCU ONE STAR KAYAK COURSES 2009**

*Join the club by taking part in one of the following courses:*

**COURSE 1 - SUNDAYS 19, 26 APRIL & 3 MAY**

**COURSE 2 - SUNDAYS 07, 14 & 21 JUNE**

**COURSE 3 - SUNDAYS 13, 20 & 27 SEPTEMBER**

*All sessions run from 1.00pm to 3.30pm.*

*Course fee includes free 1 Star river trip on last day of course.*

Duty Coach Mobile: 07837 585798  
E-mail: [info@phoenixcanoecub.co.uk](mailto:info@phoenixcanoecub.co.uk)  
Website: [www.phoenixcanoecub.co.uk](http://www.phoenixcanoecub.co.uk)

## BOOK NOW!

**All places must be booked and fees paid in advance. Book early to avoid diappointment.**

**THE COURSE COSTS £45 FOR JUNIORS (9-17 & FULL TIME STUDENTS) AND £66 FOR SENIORS (18+), WHICH INCLUDES 2 COACHING SESSIONS, TEST, BCU ONE STAR CERTIFICATE, 1 STAR RIVER TRIP AND FULL CLUB MEMBERSHIP UP TO 31ST MARCH 2010.**

**ALL ENTRANTS MUST BE ABLE TO SWIM 50M. THE ONE STAR IS A FLAT-WATER AWARD THAT DEMONSTRATES AN INDIVIDUAL HAS BASIC BOAT CONTROL & FOUNDATION SKILLS AND IS THE MINIMUM REQUIREMENT TO JOIN THE CLUB.**

**WE WILL PROVIDE KAYAK, PADDLES, BUOYANCY AID, CAGOULE, COACHING, INSURANCE, CLUBHOUSE AND CHANGING FACILITIES.**

**ON COMPLETION OF THE COURSE YOU CAN FREELY TAKE PART IN NORMAL KAYAKING SESSIONS THROUGHOUT THE YEAR AND JOIN ANY TRIPS OR COURSES THAT YOU QUALIFY FOR AT THE COST ADVERTISED. THE CLUB IS OPEN MOST SUNDAYS BETWEEN 12 NOON & 4PM.**

**THE PHOENIX CANOE CLUB IS AFFILIATED TO THE BRITISH CANOE UNION AND OPERATES A PROGRESSIVE PROGRAMME OF TRAINING AND ACTIVITIES INCLUDING RIVER TRIPS, WHITEWATER AND SURF TRAINING. THE CLUB OPERATES AN EQUAL OPPORTUNITIES POLICY AND OFFERS PADDLESPORT FOR ALL.**