



Can you Canoe?



Have you always wanted to try canoeing?
Have you canoed before and want to increase your skills?
Have you canoed a lot and fancy a paddle?

We have something for you all

The County Outdoor team are offering taster and improvement sessions for **Guides, The Senior Section and Leaders** to come along and have some fun!

Morning or afternoon sessions for Guides, Senior Section and Leaders

All sessions at Papermill Lock

Saturday June 1st 2019
Saturday July 20th 2019
Saturday September 7th 2019

This is being run by the Outdoor team and leaders are not required to accompany Guides and Senior Section members

The cost of the session will be **£10** which will include all equipment and instruction.

If you are interested please email Mavis Burton
moelsiabod12@aol.com for more information or complete the **booking form** and send to

Mavis Burton 16 Strawberry Lane, Tiptree, Colchester, CO5 0RX



Can you Canoe?



Booking Form 2019

Name of Unit:		Guides/The Senior Section/ Leader/Helper *(please delete as applicable)
Contact Name:		Contact Email
District:		Division:

Please circle date/session you would like to attend: Saturday 1st June Saturday 20th July Saturday 7th September

Participants Name	Age	MORNING SESSION	AFTERNOON SESSION	Please indicate experience for each participant First Time/ Couple / Experienced

Please ensure that you have read the Canoeing guidelines from the A-Z of activities and that all participants must be able to swim 50 metres and keep afloat for five minutes in the clothes normally worn for the activity.

Please return this form to: “Can you Canoe”, 16 Strawberry Lane, Tiptree, CO5 0RX along with payment of £10 per girl made payable to “Essex North East Outdoor Activities”.