

## 2009 03 23 Kayak training



Capsize training in a pool



put a spray deck on



in your own time



and over you go



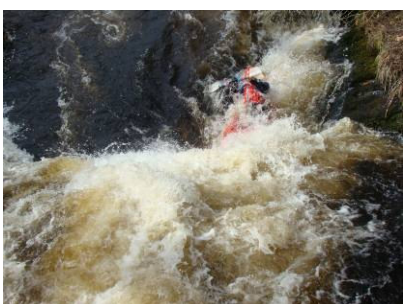
confidence building playing games



and capsize practice

Those that have completed the capsizing training will then be assessed, allow them to take part in future lake and river trips as their ability and confidence improve

## 2009 03 14 Skip on the Tryweryn North Wales



but not this sort of river trip

they provide a good canoe training

Organised by the **Activate team**

courses

Hereford & Worcester County

2009 04 26 Kayaking on a Pond



what a pleasant afternoon



messing about on the water



A big thanks to ted for the use of

his pond and hospitality