



Summer School Outdoor Pool 2014

(Running from 28th July to 15h August 2014)

Kingston Kayak Club is once again holding summer canoe introduction fun sessions for 7 to 16 year olds at Albert Avenue Lido. Hull. These sessions are suitable for absolute beginners and improvers. The only conditions is that all participants must be able to swim a minimum of 50 metres (two lengths of an average swimming pool)

> All equipment is included in the price. You only need to bring the following items with you (suitable for weather on the day)

Swimsuit/trunks: T-shirt/shorts/or leggings: (to wear over swimsuit) Fleece or jumper: (If cold)

Water proof top or Cagoule: (to keep wind off if it is cold or wet)

Old sandshoes/plimsolls/wet suit shoes: (not trainers as they are too bulky for boats)

Towels: Sun cream and sun hat: (for hot sunny days)

You WILL get wet so you will need a change of dry clothing to go home

Sessions last for 1 hour 30 mins Monday to Friday inclusive, and cost £4.50 per person per session

To Book a place please telephone Meg Rudkin

Tel No: 01482 351 891 (answerphone) Mobile 07535 947 019

Entry form and cheque made payable to Kingston Kayak Club

Please send to

Meg Rudkin

11 Park Walk, Hull HU4 7QA

Or email on

megan@rudkin3.karoo.co.uk

PLEASE NOTE ANY CHILD NOT PADDLING IS THE RESPONSIBILITY OF THE



PARENTS /CARERS



"Canoeing and kayaking are "Assumed Risk" - Water contact sports that may carry attendant risks. Participants should be aware of and accept these risks and be responsible for their own action and involvement" (British Canoe Union Statement)



Booking Form



Name	
Age	Male /Female - Please circle
Address	
Postcode	Email address
Telephone No	Mobile No
	allergies, asthma, epilepsy, diabetes, skin conditions es, vision, hearing, physical disability, learning to cold
Note—none of these condition need to know)	ns will prevent your child from being able to canoe (but we do
Please indicate choice of date	es and sessions
Dates w/c 2	28th July 4th August 11th August
Times 9.30am to 11.0	0am 11.30am to 1.00pm 2.00pm to 3.00pm
Date and time required	
	d child (ren) for the canoe dates indicated, for which I enclose er session. (Cheque made payable to Kingston Kayak Club) the cost will be £20.00
I Certify that he/she/they ca	n swim a minimum of 50 metres unaided.
We intend taking group photo this meets with your approval.	graphs which may be used by the sponsor. Please indicate if . Please circle YES/NO
Signed Parent/Guardian	Date

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