

Beginner's Kayaking

Free to all members of a Nottingham or Nottinghamshire based branch

Introduction to kayaking

Saturday 30th August 2025
11am - 12pm (arrivals from 10)

For those who want to give kayaking a try

This course will introduce you to the basic skills of kayaking under the supervision of two instructors.

Learn how to be safe on the water, effectively paddle, manoeuvre a kayak and right yourself in the event of capsizing. Following this, members will be able to test out their new skills around the lake together.

This course is perfect for those interested in trying out kayaking in a friendly and supervised environment.

Please be aware this course is only suitable for those who are confident swimming 50 meters. Members attending will be required to sign a waiver. Wetsuits and all equipment will be provided.

Limited spaces available.

Hosted at Spring Lakes

Apply Online Here



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<https://eastmidlands.unison.org.uk/unison-notts-learning/>

For support with your booking contact: bookings@unisonnottslearning.co.uk

