



## Improvers Paddle Power

### What is involved?

CLEARSKY Adventure Centres base on the shores of Strangford Lough makes the perfect venue for the first in a series of skill progression kayaking courses aimed at developing folks' skills that have already been introduced to the sport in recent times.

Using our state-of-the-art kayaks and paddles you will develop and fine tune your skills as well as learn more advanced paddle strokes, how to cope with unstable sea conditions with confidence and techniques for staying as safe as possible whilst on the water. *There may also be scope to attain BCU star proficiency awards on the day depending on folk's abilities.*

### Who can take part?

Folks who have recently attended our Paddle Power for Beginners evening.  
Adults only – 18 years +

### Where When & How Much?

The workshop will take place at our newly opened Clearsky Adventure Centre on Castle Ward Estate just outside Downpatrick (Just 45 minutes south of Belfast)

26<sup>th</sup> April, 13<sup>th</sup> September 2009 (09:30am – 4:30pm)  
£49.00 per person

### What should I bring with me?

Warm trousers  
Warm long sleeve tops – fleece is ideal  
Hat and gloves – fleece is ideal  
Sturdy flat sole shoes – old trainers or gym slippers you don't mind getting wet and dirty  
Towel  
Any personal medication you may have (for example asthmatic inhaler)

*Clearsky Adventure Centre will provide:*  
Waterproof jackets and trousers if required  
Wetsuits if required  
Buoyancy Aids  
Friendly and fully qualified instructors  
A warm mug of tea or coffee!

### How do I sign up?

Contact Esme on 028 4372 3933 or email [fun@clearsky-adventure.com](mailto:fun@clearsky-adventure.com) to book your place.

**Places are limited** so please book early to avoid disappointment