

# Enrichment



## Canoeing

Learn new skills or enhance existing skills in this fantastic activity.

Kayak = Seated position using a double bladed paddle - commonly referred to as canoeing, is one of the most popular watersports in the UK. It is relatively easy to master basic control and therefore is an ideal fun activity for all ages.

Canoe = Kneeling position using a single bladed paddle - open canoeing with a crew of two or more is a fun way of promoting teamwork. The relative stability of these craft helps build confidence and their ease of control ensures everyone can master basic skills in a short space of time. More advanced paddlers can learn to manoeuvre their boat single-handed.



## Contact

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