

2023 Activity Schedule

check the club's fb group for more detail

APPENDIX 1 - PHCC and Wimborne Paddlesports Activity Schedule 2023

Apr - Oct	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Day	<p>1st Sunday paddle – Sea paddle, 3*/SK Award or equivalent standard</p> <p>2nd Sunday paddle in the harbour or at a different venue if conditions allow 2*/Explore or equivalent standard</p> <p>4th Sunday paddle - Sea paddle 3* or equivalent standard</p>			<p>Daytime Progression paddle in the Harbour. 1*/Discover or equivalent standard.</p>			<p>1st Saturday Paddle – Sea paddle in the Harbour. 1*/Discover or equivalent standard</p> <p>2nd Saturday paddle – Sea paddle 3*/SK Award or equivalent standard</p> <p>4th Saturday Ladies and Juniors 14+ shorter paddle. In the harbour, 1* or equivalent standard</p> <p>Every week flat water marathon training and junior squad, general purpose kayak and Canadian canoe at Wimborne Paddlesports</p> <p>Time trials once per month</p> <p>Slalom</p>
Evening		<p>Trustees meeting bimonthly usually 1st Monday</p> <p>Lake Pier Sub Meeting Bimonthly</p> <p>British Canoeing Training at Lake Pier and other venues</p>	<p>Juniors Night – within harbour and other venues</p> <p>Flatwater race training at Wimborne Paddlesports</p>	<p>Club night at Lake Pier</p> <p>Sessions for all levels and distance, short, medium and longer harbour paddles for sea kayaks, open boats and SUP's, mixed fleet paddles – rescue practise and skills each month.</p>	<p>Sea Thursdays - Sea paddle outside the harbour – 2* plus experience.</p> <p>British Canoeing Training at Lake Pier and other venues.</p> <p>Flatwater race training, kayak and canoe at Wimborne Paddlesports.</p>	<p>2nd Friday of month- Pool session at Ferndown pool.</p> <p>Beginner's session and polo.</p>	

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Oct-Apr	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day	<p>1st Sunday paddle – Sea paddle, 3*/SK Award or equivalent standard</p> <p>2nd Sunday paddle in the harbour or at a different venue if conditions allow 2*/Explore or equivalent standard</p> <p>4th Sunday paddle - Sea paddle 3* or equivalent standard</p>			<p>Daytime Progression paddle in the Harbour. 1*/Discover or equivalent standard.</p>			<p>1st Saturday Paddle – Sea paddle in the Harbour. 1*/Discover or equivalent standard</p> <p>2nd Saturday paddle – Sea paddle 3*/SK Award or equivalent standard</p> <p>4th Saturday Ladies and Juniors 14+ shorter paddle. In the harbour, 1* or equivalent standard</p> <p>Every week flat water marathon training and junior squad, general purpose kayak and Canadian canoe at Wimborne Paddlesports</p> <p>Time trials once per month</p> <p>Slalom</p>
Eve		<p>Bimonthly: Trustees meeting, usually 1st Monday</p> <p>Lake Pier Sub Com meeting normally 2nd Monday</p>		<p>Ferndown Pool.</p> <p>Junior sessions, Practice for all levels plus rolling and Greenland rolling and water confidence courses</p>	<p>Sea Thursdays</p> <p>land based talks, map, planning and safety work at Lake Pier</p>	<p>2nd Friday of month- Pool session at Ferndown pool. Beginner's session and polo</p>	

Start, Discover and Explore Courses at weekends and evenings as well as Sea Kayak and Canoe Awards also FSRT Courses and Aquatic First Aid; Annual Poole Harbour Race September, Wimborne Paddlesports Race Day April, Open Days at both sites in April, out of area trips: Plymouth, Scillies, Bath Loop