

DCC Kayak Intermediate Course

Thursday Evenings 16th April – 21st May 2026

The Deben Canoe Club will be running an Intermediate Course for club members starting on Thursday 16th April for 6 weeks. The aim of the course is to develop well rounded paddlers who are confident to paddle as members of the club on a range of waters and in a range of different craft and leads to the Governing Body approved Paddle Explore Award.

From the Paddle Explore Award:

Aim

Your Explore Award gives you ownership; allowing you to choose where you move next in the world of paddlesport. Working with a coach you will be able to develop a programme that suits what you need. Learning to make confident choices with this individualised approach. This award recognises your ability to independently paddle your chosen craft in a sheltered water environment.

Craft

Please Note: This course will be targetted at DCC Paddlers developing their skills for Kayak Touring.

Course Details:

The paddling sessions on Thursdays will be from the Deben Watersports Centre at Woodbridge, where a range of different boats can be hired. As the Deben Pool will be closed for the duration of this course the wet rescue elements of the course will be practiced on the river.

- **Thursdays** 16th April - 21st May, 6:30pm to 8:45pm at DWSC near Kingston Playing Field, The Avenue, Woodbridge. Just over the railway crossing towards the river and by the boating lake. (See <http://www.debencanoecub.org.uk/index.php?page=general-faqs>).
- **Costs:** £75 for members. This fee includes all boat hire, coaching and PaddleUK fees.
- **Clothing:** old clothes and waterproofs. Please have old shoes/trainers that you don't mind getting wet and muddy. If you have a wetsuit then please feel free to use it. If conditions are cold then a woolly hat is also a good idea. Please bring a complete change of clothes (including underwear and shoes) and towel.

If you are interested in taking part, please book through our online booking system at:

<https://club.spond.com/landing/courses/debencanoecub>

Any questions contact Tim Midwinter on tim.midwinter@btopenworld.com or 07889 878158.

<http://www.debencanoecub.org.uk/>