

ABOYNE CANOE CLUB PROGRAMME - Sept to Dec 2024

- **Joining instructions trips:**
 - You **must** make sure you contact the organiser **at least 2 days in advance** as per the contact details on this programme and explain your experience to date.
 - Please make the organiser aware of any additional support or medical needs to ensure safety.
 - If you need to cancel, please let the organiser know so not to block a spot.
 - You will be asked to sign in at the start of the event. Please remember that under 16's must be accompanied by an adult during the event. At the coach's discretion, 16 and 17 year olds can attend events without an accompanying adult.
 - Equipment needed: warm clothing, change of clothing, waterproofs, footwear (you can get wet!). The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.
- **Types of trip:**
 - Easy – Suitable for all – including complete beginners – basic instruction will be available, and the environment will be safe and unchallenging – for river trips spray decks are required – do a practice capsiz with a deck in the pool first.
 - Intermediate/Advanced – let the leader know your experience.
 - The leader will match the paddlers experience to the trip to ensure a safe and enjoyable outcome.

We expect to have more river trips as leaders become available – these will be advertised on the club members facebook.

Very easy river trips with coaching are offered by Harry Burnett contact burnett1dav@aol.com to arrange a trip on the lower Dee.

Interested in polo contact Ian Wilson slidderbrae@gmail.com

September						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
Thurs	5/9/24	River Coaching	Very easy	Club Shed	18:30	psmart@metrol.co.uk / 07710463595
Thurs	12/9/24	Pool	Very easy		18:30-19:30	accpoolbookings@gmail.com
Sat	14/9/24	River Trip	Easy	Club Shed	TBD	psmart@metrol.co.uk / 07710463595
Thurs	19/9/24	Pool	Very easy		18:30-19:30	accpoolbookings@gmail.com
Sun	22/9/24	Trip/AGM	Easy	Club Shed	TBD	psmart@metrol.co.uk / 07710463595
Thurs	26/9/24	Pool	Very easy		18:30-19:30	accpoolbookings@gmail.com

October						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
Thurs	3/10/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	10/10/24	Pool	Very easy - skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	31/10/24	Pool	Very easy -skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	31/10/24	Pool	Very easy -skills		19:30:20:30	accpoolbookings@gmail.com

November						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
Sun	3/11/24	River Trip	Contact leader	Shed	TBD	Trevor 07540723360
Thurs	7/11/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	7/11/24	Pool	Very easy- skills		19:30-20:30	accpoolbookings@gmail.com
Thurs	14/11/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	14/11/24	Pool	Polo		19:30-20:30	accpoolbookings@gmail.com
Sun	17/11/24	River Trip	TDB		TBD	chr_red@hotmail.com
Thurs	21/11/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	21/11/24	Pool	Very easy- skills		19:30-20:30	accpoolbookings@gmail.com
Thurs	28/11/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	28/11/24	Pool	Polo		19:30-20:30	accpoolbookings@gmail.com

December						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
Thurs	5/12/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	5/12/24	Pool	Very easy- skills		19:30-20:30	accpoolbookings@gmail.com
Thurs	12/12/24	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	12/12/24	Pool	Polo		19:30-20:30	accpoolbookings@gmail.com
Sun	15/12/24	Mince Pie Trip	Easy river trip	Club Shed	TBD	chr_red@hotmail.com

January						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
Thurs	9/1/25	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	9/1/25	Pool	Polo		19:30-20:30	accpoolbookings@gmail.com
Thurs	16/1/25	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	16/1/25	Pool	Very easy- skills		19:30-20:30	accpoolbookings@gmail.com
Sun	19/1/25	Frostbite	River Easy		TBD	psmart@metrol.co.uk / 07710463595
Mon	20/1/25	Leaders Meeting			20:00	psmart@metrol.co.uk / 07710463595
Thurs	23/1/25	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	23/1/25	Pool	Polo		19:30-20:30	accpoolbookings@gmail.com
Thurs	30/1/25	Pool	Very easy- skills		18:30-19:30	accpoolbookings@gmail.com
Thurs	30/1/25	Pool	Very easy- skills		19:30-20:30	accpoolbookings@gmail.com