

# INFORMATION BOOKLET

## CONTACT US

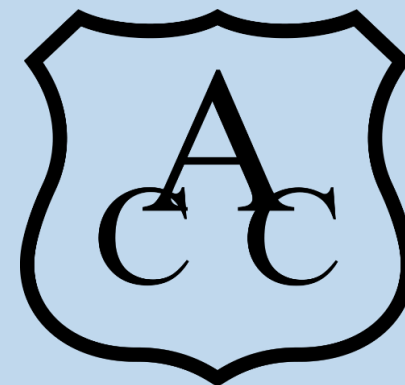
Full details of our activities and events can be found on our website:

[www.addlestonecc.org.uk](http://www.addlestonecc.org.uk)

If you have any further questions or are interested in becoming a member, please contact us via e-mail.

Email: [addlestonecc@gmail.com](mailto:addlestonecc@gmail.com)

**Addlestone Canoe Club**  
**Burcott Gardens**  
**Addlestone**  
**KT15 2DE**



# ADDLESTONE CANOE CLUB

[www.addlestonecc.org.uk](http://www.addlestonecc.org.uk)

Charity No: 1158049



# ABOUT US

Based on the edge of the picturesque Wey Navigation, Addlestone Canoe Club has been established for over 40 years. We are a registered charity run entirely by volunteers.

We are a multi-discipline club that welcomes all those interested in paddle sports from Whitewater to Sprint and Marathon Racing to Canoe Touring and Stand-Up Paddle Boarding (SUP).

ACC is probably the most diversified Club in the region, and we run programmes and instruction to suit beginners and advanced paddlers of all ages and abilities. Due to our location on the Wey Navigation, we have developed a special ethos of providing a wide variety of Canoeing experiences and opportunities for young people. Some of our young paddlers have gone on to represent Great Britain at International events while some adult members have participated in the renowned Devizes to Westminster Canoe Race.

All coaches are Paddle UK qualified supported by club approved paddlers who have worked through the internal accreditation scheme. These are all DBS checked and all work on a voluntary basis, devoting their time and energy to bring canoeing to as many people as possible, supporting the beginner and the more experienced paddler alike to improve their skills.

The Club is well equipped with all types of canoes, kayaks and paddling kit which can be used by club members. The clubhouse has recently undergone a huge transformation and we now have our lovely new facilities that opened in 2021. They include new fit for purpose club room, changing facilities with hot showers, a small kitchen and fitness room.

Addlestone Canoe Club is a great place to paddle in a friendly environment so come and visit, we look forward to welcoming you!



# ACTIVITIES

## General Club Sessions

Thursdays 6pm-8pm (summertime)

Saturdays 2pm-4pm (all year)

**Racing- Sprint and Marathon** - Racing is suitable for everyone covering distances from 200m to several miles. Racing can be in singles, doubles and fours. Our general club racing sessions are on Saturdays at 10:00am, we also run additional training sessions during the week (including running and circuit training in the winter) plus competitions and races.

**Slalom** - A personal test of skill, involving speed and precision to negotiate slalom gates without making contact and against the clock.

**Whitewater, Freestyle** - Experience the thrill of moving water on rivers and weirs. Progressive training on moving water leading to more adventurous trips on whitewater rivers and courses.

**Open Boating and General Recreational Touring** - A popular pastime making for a great day out. Great for families.

**Stand-Up Paddle Boarding (SUP)** - With a SUP you can paddle on your knees or on your feet if you have the balance. It's a great way to enjoy the river.

**Paddle Start, Paddle Discover and Paddle Explore Awards** - These Awards are for those getting into a boat for the first time, they will enable paddlers to feel confident in a sheltered water environment.

**Pool sessions at Woking Pool** - ACC coaches are available to help with rolling technique, etc. Boats are available for use (Wednesday 8.30-9.45pm)

**Courses** - From introductory to Paddle UK recognised qualifications and first aid, these are arranged throughout the year. Our friendly members are always on hand to point you in the right direction or check out the club website for any events and courses.

**Trips** - White water trips to rivers and centres around the UK as well as regular outings to local weirs and rivers are arranged throughout the year.

**Youth Groups, Adult Groups, Schools and Duke of Edinburgh Award** - If you would like to arrange a session for your group, please contact us (subject to coach availability).