



ABOUT THE CLUB

SAFE, ENJOYABLE PADDLING FOR ALL AGES AND ABILITIES

WHAT WE OFFER

- **Weekly** evening sessions every **Thursday** during summer
- Regular **river trips** and **weekends away**
- **Pool sessions** throughout the year on **Saturdays**
- Coaching and Awards including British Canoeing **Start, Discover, Explore, White Water** and **Foundation Safety and Rescue Training**
- Kit Hire, including **canoes, kayaks**, paddles and personal safety equipment
- All **ages** and **abilities** welcome



What activities do you do?

As an inland based club, most of our activities revolve around canoeing and kayaking on inland rivers and lakes, including:

- Summer (Apr-Sep) Thursday evening sessions on the River Derwent at Matlock, Walton Dam or other local venues. Once a month we have a summer evening trip out (e.g. to Holme Pierrepont, Darley Abbey, Church Wilne).
- Regular river trips and weekends away, including canoe/kayak touring, canoe camping, and white water.
- Regular peer-paddles.
- Saturday pool sessions throughout the year.

Do you take beginners?

We are open to new members of all abilities. We also have coaching and kit available to get you started.

Over summer on the 1st Thursday of each month we run "starter" sessions at Walton Dam, and beginners are always welcome at pool sessions. (New members who are already paddlers can come to any session).

Do you take children?

Yes! We don't really have a lower age range, though our Club kit is most suitable from age 6/7 upwards. Canoeing and kayaking are great activities to do together as a family.

Do you offer coaching?

We have a strong team of Instructors and Coaches, many of whom hold British Canoeing qualifications. We offer coaching in kayak and canoe, from beginner to advanced. Most of our coaching is ad-hoc at Club sessions, though we do have several specific training sessions throughout the year.

Do you offer awards?

We currently offer the British Canoeing **Start, Discover, Explore** and **White Water** awards, and **Foundation Safety and Rescue Training**.

Session Fees

	Outdoor sessions	Pool sessions
Adult member	£2.00	£8.00
Youth member	£2.00	£7.00
Non member "come and try"	£5.00	£10.00
Kit hire	£5.00	<i>included</i>

Membership Fees

Basic membership costs			Pro rata		Family membership	
Type of membership		Fee	Joining month	Rate	No. of members	Discount
British Canoeing member	Adult	£40.00	Oct, Nov, Dec	100%	2 members	10%
	Youth	£20.00	Jan, Feb, Mar	75%	3 members	15%
Non British Canoeing member	Adult	£55.00	Apr, May, Jun	50%	4+ members	20%
	Youth	£30.00	Jul, Aug, Sep	25%		

Do you provide kit?

For a small charge, we can provide canoes/kayaks, paddles, buoyancy aids, helmets, spraydecks and cag tops, suitable for around age 6/7 to XL adult. We have solo and tandem canoes, and a large fleet of general river-running kayaks, plus a handful of more interesting boats to try out.

Do you run pool sessions?

Over winter (Oct-Mar) our pool sessions are the 1st and 3rd Saturday of the month, and over summer (Apr-Sep) this drops to once a month on the 3rd Saturday. Sessions are at Sharley Park pool, and all kit and coaching is included.

What do I need?

When you sign up for your first session, you'll receive a separate leaflet with more information, but as a guide:

- **For swimming pool sessions** – swimwear, towel, snack+drink (optional: t-shirt, goggles, nose clip)
- **For outdoor sessions** – sportswear layers (e.g. baselayer+fleece), sturdy footwear (e.g. old trainers, neoprene water shoes), towel, change of clothes, snack+drink (optional: dry pouch for car keys/phone)

Boat, paddle and safety equipment can be hired from the Club.

Are you insured?

As a British Canoeing affiliated Club, we have a comprehensive insurance policy.

Do you have a Safeguarding policy?

Yes, we have a Safeguarding policy and a Club Welfare Officer, who you can speak to should you need to. All our coaches undertake safeguarding training every 3 years, and those working with children are DBS checked.

You can "**come and try**" up to 3 sessions before deciding to join the Club, so get in touch and get started today – email canoejmc@gmail.com