

We're changing pool this year to Clondalkin Leisure Centre, much bigger but equally warm and modern as previously and located just off the M50, not far from the Red Cow. It's a great opportunity in particular for you to learn to roll a kayak in warmth and comfort on dark winter evenings, but also a good sociable experience. As in previous years most of the pool will be available to members to practice and learn on their own or with the help of other more experienced members. Again this year we've teamed up with Deep Blue Sea Kayaking to also provide professional instruction in the pool for those who want it, at a preferential rate.

### **What to do in the pool**

Pool sessions are primarily used to learn and/or practice rolling a kayak, but they're also great to practice

### **Learn from experienced club members**

If you've never rolled a kayak before, you can come along and learn from experienced rollers in the club

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### **Professional tuition from Deep Blue Sea Kayaking**

If you've never tried to roll a kayak before, you'll probably benefit from a short course of professional instruction to get you started. It can take several sessions of 1:1 instruction before you've learned enough to be able to practice and develop on your own or with more ad-hoc assistance.

[Deep Blue Sea Kayaking](#) will be present with a couple of boats and instructors at most of the pool sessions. They will be happy to provide professional instruction at a preferential rate for members who have already paid for pool sessions with the club.

**To avail of the discount you need to first book and pay for pool sessions with the club** and then contact Des or Sonja to book tuition with them.

### When

Saturday evenings, 7.30 - 8.30pm, 5th Jan - 9th March 2013 inclusive.

### Where

Clondalkin Leisure Centre, Nangor Road, Clondalkin, Dublin 22. That's not far from the Red Cow N7/M50 junction. ( [Map](#) )

### Cost

€25 for East Coast Sea Kayaking Club Members. This is a flat rate giving access for all 10 weeks!

### Booking

[Book and preferably pay online](#) by credit card or Paypal. Or, you can pay by cheque or bank transfer, but in this case **you must still book online and click** when the option **You** presents.

**absolutely must book and pay in advance**

. Numbers are limited to avoid overcrowding. You cannot pay on the night.

### Terms

1. All users must be members of both East Coast Sea Kayaking Club and the Irish Canoe Union, for insurance reasons.
2. Bring your own boat, **clean inside and out**, or arrange to share with someone else! The club boats, decks and paddles will be available by prior arrangement, but priority will be given to those who don't own one.
3. Unused weeks are not transferrable between individuals. We think the price is extremely competitive even if you don't use all of the 10 weeks. We couldn't hold this price if we allowed transfers.
4. Depending on numbers participating, you might not get a whole hour in the pool each week.
5. The club exists and benefits enormously from the generosity of experienced paddlers

## **Pool sessions Jan - Mar 2013**

Written by Julian Haines

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assisting the inexperienced so that they learn and in time may give back to the club. If you have the capability to assist others to learn, please give a part of your time in the pool each week to helping others.