

## Email from Lee Valley Kayaking Project

Dear u3a members

Following the success of the u3a Paddling Project last year, I am delighted that Lee Valley Regional Park Authority has generously offered to host another kayaking initiative for 2025.

Lee Valley White Water Centre is offering 6 hours of coaching for 18 u3a members, spread over six consecutive weeks from Wednesday 14th May, 11 am – 12 noon at the Lee Valley White Water Centre, Waltham Cross. EN9 1AB



All instruction will be via experienced and qualified coaches, and will be offered at the hugely reduced cost of £5 per session. This will include all water wear and equipment. The sessions will be on the lake and designed for senior beginners who have little or no kayaking experience. Kayaks are the smaller boats that are 'sat in' rather than 'sat on'.

You do not need to be a strong swimmer, nor indeed a swimmer at all, but you do need to be comfortable in water, as falling in is definitely a possibility!

If you think that this is something you might like to try, please email me at [pam.phillips22@gmail.com](mailto:pam.phillips22@gmail.com) or give me a call on 07932038159 for further information

I'll look forward to hearing from you!

Kind regards

Pam Phillips

u3a Kayaking Project