

June Schedule - over half term - members can come more than once a day.

29th May	Saturday		7.30 - 9.30 8 x split 2K Club session for more experienced	8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 K2 and K4 Club Session for less experienced	10.00 - 12.00 Saturday Intro Sessions Week 8 Join club session			16.00 Core and Yoga On line Ask coaches if interested
30th May	Sunday		8.30-10.00 Adults technical.	9.00 Paddle bungee 2 x 17'1" x 4, 2 x 17'30" x 4, 3 x 30" x 4 (4 mins rest) Club session for more experienced					
31st May (Bank Holiday)	Monday			9.00 - 11am gym or paddle More experienced	10 - 12 Beginners Learn to Kayak	12.00 - 14.30 Come and try new K1 and para group	14.30 - 16.30 Beginners Learn to Kayak	17.15 Club Session more experienced	
1st June	Tuesday			9.00 - 11am gym or paddle More experienced	10 - 12 Beginners Learn to Kayak	12.00 - 13.45 Junior less experienced and para group	14.30 - 16.30 Beginners Learn to Kayak	18.00 - 20.00 Club session 1500 races x 6 more experienced	
2nd June	Wednesday	6.30am - 8am Club Session more experienced		9.00 - 11am gym or paddle More experienced	10 - 12 Beginners Learn to Kayak	12.00 - 13.45 Junior less experienced and para group	14.30 - 16.30 Beginners Learn to Kayak 14.30 Para intro session for beginners	17.30 45 mn cap + starts Club Session for everyone Start practice! (marathon and sprint)	
3rd June	Thursday			9.00 - 11am gym or paddle More experienced	10 - 12 Beginners Learn to Kayak	12.00 - 13.45 Junior less experienced and para group	14.30 - 16.30 Beginners Learn to Kayak	17.30 8 x 1000 or 500m TT x 2 in City Club Session more experienced	18.30 Beginners Learn To Kayak Session 5
4th June	Friday	Rest		Rest	10 - 12 Beginners Learn to Kayak	rest	14.30 - 16.30 Beginners Learn to Kayak		
5th June	Saturday	Nottingham Regatta	7.30 - 9.30 (1' leads x 4) x 6 2'/3' rest Club session for more experienced	8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 (30s on 30 off x 4) x 4 Club Session for less experienced	12.00 - 14.00 Saturday Intro Sessions Week 1			
6th June	Sunday	Nottingham Regatta							
7th June	Monday	British Canoeing Para visit from Roger Weir. 200m testing.		9.30 Para Group Paddling Session				17.15 600m x 6 3' min rest Club Session more experienced	
8th June	Tuesday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				18.00 - 20.00 Club session 2 x 5K in groups more experienced	
9th June	Wednesday	6.30am - 8am Juniors Technical All juniors welcome 6.30am - 8am Club Session more experienced		9.30 Para Group Paddling Session				17.30 750m x 4 or Turn Practice Club Session for everyone	
10th June	Thursday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				17.30 12 x 500m or 1000 x 2, 200m x 1 TT in City Club Session more experienced	18.30 Beginners Learn To Kayak Session 6

11th June	Friday	7am - 8am Technical Spaces available. Ask coaches and 8am - 9am Technical						16.00 Norwich High School after school pool Session 4	16.15 Trowse School After School Session 5
12th June	Saturday		7.30 - 9.30 8' 6' 4' 2' 1' 8' 2' 4' (3' rest between 4' 2' 1' and 8' 2') Club session for more experienced	8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 Races Round a Buoy - Small Lake Club Session for less experienced	12.00 - 14.00 Saturday Intro Sessions Week 2			
13th June	Sunday	Royal Marathon Hasler	Adult kayak skills 8.30-10.00	8.30am Beach Day - taking boats to the beach at Sea Palling, (TBC dependent on the weather)					
14th June	Monday			9.30 Para Group Paddling Session				17.15 1200m x 6 Club Session more experienced	
15th June	Tuesday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				18.00 - 20.00 Club session 10K Race more experienced	
16th June	Wednesday	6.30am - 8am Juniors Technical All juniors welcome 6.30am - 8am Club Session more experienced	Adult kayak skills 8.30-10.00	9.30 Para Group Paddling Session				17.30 200m x 6 Small Broad Club Session for everyone	
17th June	Thursday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				17.30 8 x 1000m or 2 x 1000 1 x 200 TT in City Club Session more experienced	
18th June	Friday	7am - 8am Technical Spaces available. Ask coaches and 8am - 9am Technical						16.00 Norwich High School after school pool Session 5	16.15 Trowse School After School Session 6
19th June	Saturday		7.30 - 9.30 8' in pairs x 8 Club session for more experienced	8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 Regatta Big Lake 500m x 2 200m x 2 Club Session for less experienced	12.00 - 14.00 Saturday Intro Sessions Week 3			
20th June	Sunday								
21st June	Monday			9.30 Para Group Paddling Session				17.15 600m x 6 Club Session more experienced	
22nd June	Tuesday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				18.00 - 20.00 Club session 4 x 3K Crew Boats more experienced	
23rd June	Wednesday	6.30am - 8am Juniors Technical All juniors welcome 6.30am - 8am Club Session more experienced	Adult kayak skills 8.30-10.00	9.30 Para Group Paddling Session				17.30 60' Core Aerobic Pace or Technical Forward Paddling session Club Session for everyone	

24th June	Thursday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				17.30 12 x 500m or 2 x 500m 2 x 200m TT in City Club Session more experienced	
25th June	Friday	7am - 8am Technical Spaces available. Ask coaches and 8am - 9am Technical						16.00 Norwich High School after school pool Session 6	16.15 Trowse School After School Session 7
26th June	Saturday		7.30 - 9.30 8 x split 8' Club session for more experienced	8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 Groups Round Island x 2 (2 x 3K) Club Session for less experienced	12.00 - 14.00 Saturday Intro Sessions Week 4			
27th June	Sunday		Adult kayak skills 8.30-10.00						
28th June	Monday			9.30 Para Group Paddling Session				17.15 6 x 1200 Club Session more experienced	
29th June	Tuesday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				18.00 - 20.00 1500m races x 6 more experienced	
30th June	Wednesday	6.30am - 8am Juniors Technical All Juniors welcome 6.30am - 8am Club Session more experienced	Adult kayak skills 8.30-10.00	9.30 Para Group Paddling Session				17.30 200m races x 6 Club Session for everyone	
1st July	Thursday	6.45am Core On line Ask coaches if interested.		9.30 Para Group Paddling Session				17.30 12 x 500m 1 x 500m 2 x 200m TT in City Club Session more experienced	
2nd July	Friday	rest							16.15 Trowse School After School Session 7
3rd July	Saturday	Nottingham Regatta Junior under 23 and senior World Championship selection		8 - 9.30 Adults intermediate paddle group	10.00 - 12.00 (30s on 30s off x 4) x 4 Club Session for less experienced	12.00 - 14.00 Saturday Intro No Session			
4th July	Sunday	Nottingham Regatta Junior under 23 and senior World Championship selection							