

November 2025 Schedule

Saturday	25th October	7.30 - 9.30 Paddle More experienced Mixed ability K4 3 mins on 2 off x 10	8.30 - 10.00 Just Paddle Club Session contact Tammy open to anyone who wants to simply paddle rather than train	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day				
Sunday	26th October Clocks Change Activities Week and Winter Program begins!	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	27th October Activities Week	6.00am Gym More experienced				Activities Week 17.00 - 20.00 Laser Tag Open to All members and their families Cost £10-15 pp		Stretch and Balance 18.00 - 19.00 Contact Jan https://us05web.zoom.us/j/833885545307 pwd=Ga9tE8eMoP2ZgaxXn2Lm8d8pYab.1 Meeting ID: 853 8555 4530, Passcode: 266995
Tuesday	28th October Activities Week	6.00am Paddle More experienced	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5UeJvZmh5 UOZLRDdHVzVz09			Ready to Run at 18.00 - 19.00 Run! Introduction to running Contact Andy Ross Beginners to 5K Wear a High Viz vest	18.00 - 19.00 Run! Contact Matt Lodge / Matt Lodge Run! 15 minutes out and 15 minutes back Many different ability groups. Suitable for all members Bring a High Viz vest	19.00- 20.00 Introduction to circuit exercises With Andy Ross
Wednesday	29th October Activities Week	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid (or 20K) 8-6-4-2-1-2-4-6-8 Everyone welcome	Para Session 9 am - 10.30am contact Tim	16.50- 18.00 Introduction to Core Exercises, Agility and Ergo Races and technique suitable for everyone. All ages and abilities welcome! Main Room At NCC		5.30 - 6.30 Core 1 Gym core for senior and juniors (More advanced) contact James How	Activities Week 18.00-19.00 Friendship Evening Paddlers and families bring a picnic dinner to eat together We'll give a little talk on why we do the training we do.
Thursday	30th October Activities Week	6.00 Paddle more experienced	Para Session 6.30 am - 8.30 am with Tim		6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5UeJvZmh5U OZLRDdHVzVz09	Activities Week 15.45-17.00 Climbing at Highball! (Vulcan Road) Sign up Facebook - limited to 16 places Cost £11.25 per person. This is a guided session specially for NCC with two qualified Highball coaches		17.30 - 18.30 Pilates Gym with Eli Hayward Open to All
Friday		6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim	Time TBC Paddle Juniors K4 Training Contact Tim Under 14 K4s and Under 16 K4s				
Saturday	1st November Activities Week	7.30 - 9.30 Paddle 8 mins in Pairs x 6 2 min leads (with 2mins rest) + paddleback for top groups	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day					
Sunday	2nd November Activities Week	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	3rd November	6.00am Gym More experienced	Para Session 7.30 am - 8.30 am with Tim	Para Session 12.30 - 14.00 am with Tim			17.30 - 19.30 Paddle Juniors K2 Contact Tim Bring Lights!	Stretch and Balance 18.00 - 19.00 Contact Jan https://us05web.zoom.us/j/833885545307 pwd=Ga9tE8eMoP2ZgaxXn2Lm8d8pYab.1 Meeting ID: 853 8555 4530, Passcode: 266995
Tuesday	4th November	Para Session 6.30 am - 8.30 am with Tim	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5UeJvZmh5 UOZLRDdHVzVz09			Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! 5K Time Trial Contact Matt Lodge / Matt Lodge Many different ability groups. Suitable for all	19.00- 20.00 Gym Circuit With Andy Ross
Wednesday	5th November	6.30am - 7.30 Juniors Gym contact Trianan	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 9 am - with Tim		16.50- 18.00 Core gym + Ergo Races and technique suitable for everyone. All ages and abilities welcome! Main Room At NCC	5.30 - 6.30 Core 2 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward Core starts! Main Room Open to All
Thursday	6th November	Para Session 6.30 am - 8.30 am with Tim	6.30am Paddle more experienced	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVW5UeJvZmh5 SUOZLRDdHVzVz09			17.30 - 18.30 Pilates Gym with Eli Hayward Open to All	16.30 - 18.00 Club Session 1000m x 8

Friday	7th November	6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	8th November	7.30 - 9.30 Paddle 15 x 4 mins 1 min rest - 2 mins rest every 3 efforts	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day					
Sunday	9th November	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	9.30 Adults Technical (All welcome) contact Jan					
Monday	10th November	6.00am Gym More experienced	Para Session 7.30 am - 8.30 am with Tim				17.30 - 19.30 Paddle Juniors K2 Contact Tim Bring Lights!	Stretch and Balance 18.00 - 19.00 Contact Jan https://us05web.zoom.us/j/98389545307 pwd=THkvVWSUUEJvZmh5 Meeting ID: 853 8555 4530, Passcode: 266995
Tuesday	11th November	Para Session 6.30 am - 8.30 am with Tim	Core online https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 UOZLRDdHVzVIZz09	6.30am Paddle more experienced		Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! Carrow Road Contact Matt Lodge / Matt Parkes Many different ability groups. Suitable for all members. Wear a High Viz vest!	19.00 - 20.00 Gym Circuit With Andy Ross
Wednesday	12th November	6.30am - 7.30 Juniors Gym contact Tim	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 9 am - 10.30 am with Tim		17.45 - 19.00 Hockey (UNIHOC) Fram Sports Centre Open to all Juniors and Seniors! £2.00	5.30 - 6.30 Core 1 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward style Core Main Room Open to All
Thursday	13th November	Para Session 6.30 am - 8.30 am with Tim	Core online https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 UOZLRDdHVzVIZz09	6.30am Paddle more experienced - contact a coach if you'd like more info		5.30 - 7.30 Paddle Juniors Wash hanging and beach portaging Big Lake	17.30 - 18.30 Pilates Gym with Eli Hayward Open to All	16.30 - 18.00 Club Session 500m x 12
Friday	14th November	6.00am Gym More experienced	6.30am - 7.30am Paddle Technical session Little Lake Everyone welcome contact Tim					
Saturday	15th November	7.30 - 9.30 Paddle 5K x 4 Races to Places K1 (or K2)	10.00 - 12.00 Paddle - Everyone welcome Club Session Session announced on the Day					
Sunday	16th November	9.00 Sunday Groups paddle often at 9am. Contact a coach if you need more info	National Schools K2 Championships Hawley Lake https://www.dwrace.co.uk/national-school-champs	9.30 Adults Technical (All welcome) contact Jan				
Monday	17th November	6.30am Paddle more experienced	Para Session 7.30 am - 8.30 am with Tim	Para Session 12.30 - 14.00 am with Tim			17.30 - 19.30 Paddle Juniors K2 Contact Tim Bring Lights!	Stretch and Balance 18.00 - 19.00 Contact Jan https://us05web.zoom.us/j/98389545307 pwd=THkvVWSUUEJvZmh5 Meeting ID: 853 8555 4530, Passcode: 266995
Tuesday	18th November	Para Session 6.30 am - 8.30 am with Tim	Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 SUOZLRDdHVzVIZz09	6.45 am Core On line		Ready to Run at 18.00 - 19.00 Run! Beginners to 5K Contact Andy Ross Wear a High Viz vest	18.00 - 19.00 Run! Trowse Woods Contact Matt Lodge / Matt Parkes Many different ability groups. Suitable for all members. Wear a High Viz vest!	19.00 - 20.00 Gym Circuit With Andy Ross
Wednesday	19th November	6.30am - 7.30 Juniors Gym contact Tristian	6.30am Paddle Pyramid 8-6-4-2-1-2-4-6-8 (or 20K) Everyone welcome	Para Session 9am - 10.30 contact Tim	16.50 - 18.00 Core gym + Ergo Races and technique suitable for everyone. All ages and abilities welcome! Main Room At NCC	18.00 - 19.00 Friendship Evening Paddlers and Families Bring Picnic dinner We'll give a little talk on winter training	5.30 - 6.30 Core 1 Gym core for senior and juniors (More advanced) contact James How	18.00 - 19.00 Core 2 Lisa Hayward style Core Gym Open to All
Thursday	20th November	Para Session 6.30 am - 8.30 am with Tim	6.30am Paddle more experienced - contact a coach if you'd like more info	6.45 am Core On line https://us05web.zoom.us/j/826919636367 pwd=THkvVWSUUEJvZmh5 SUOZLRDdHVzVIZz09			17.30 - 18.30 Pilates Gym with Eli Hayward Open to All	16.30 - 18.00 Club Session 1000m x 8

Colour Code Continued

Intermediate adults paddle	Races	Special Events	International Races that require selection	International Club Trips	Actions (off water)	Social Paddles
Cross Training	Adults Technical with Jan	Gym For Seniors and Veterans	Younger Juniors Games	Core 1 Gym More Experienced	Core 2 for All Main Rom With Lisa Hayward Open to All	Courses or sessions run by the club for external paddlers