



We are being offered two StandUp Paddle-boarding taster sessions (though you don't have to stand up if you don't want to) by Active People Ltd.

Our coach (or one of them at least) will be Ross Hensman, who has been a paddle sport coach for 10 years.



Date	Tue 06 & Wed 14 Jul 2021
Time	90 minute Sessions at 17:00 please arrive 15mins prior to session
Transport	No Arranged Transport
Venue	Overflow Car Park Aylesbury Vale Crematorium Watermead Aylesbury HP19 0FU
Price	£20 (Discounted from £35.00) Cash on the day!
Parking	Crematorium overflow car park
Access-ibility	Good
Dress Code	Buoyancy Aid, wetsuit provided
Notes	Experience not required or expected. Everything you need is provided. The coach needs to know of any medical conditions before the session. This event is weather dependant – watch your email the previous day.
Food	None organised. The Watermead Inn will be open!
Contact	The Extreme Team extreme@WTU3A.org.uk Tel 0777 150 6055
	We are limited to 8 SUPs per session. For details of Active People Ltd. and other activities they provide, visit https://www.bookasup.co.uk/



**Extreme
Visits**

Paddle-board



Version 22/05/2021	This is likely to be a popular event so please book early to avoid disappointment! Priority will be given to Weston Turville U3A members & regular 'Extreme Events' participants. As with any U3A activity, members take part at their own risk, the U3A does not insure against personal accident or loss. It is very possible that your photo may be taken during this event and end up on Social Media – let us know if this is a problem.	Page 2
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