Upperdeckers - paddlesport sessions for the over 50s

Our affordable and sociable **Upperdeckers** paddlesport sessions for the over 50s are a great way to keep active, healthy and happy whilst enjoying the great outdoors on our beautiful stretch of the Regent's Canal.

Beginners welcome! Our brilliant, supportive team of British Canoeing instructors and trained volunteers will help you gain skills and confidence on the water. All sessions are 1.5 hours, with time for a cuppa and chat together afterwards. Our **Upperdeckers** are a really friendly and welcoming bunch, so you'll make some new friends too!

Wednesdays 11am - 1pm: 8th January - 26th March 2025 (no session on 19th February due to spring half-term Holiday Scheme)

Wednesdays 5pm - 7.30pm: 2nd April - 22nd October 2025

Wednesdays 11am - 1pm: 29th October - 10th December 2025

£6 per session
£3 concessions (subject to eligibility - contact us [1] for details)
Block book 5 sessions in advance, get 1 session free!

We're committed to **Upperdeckers** being accessible to everybody and will always try to help if costs can't be met due to financial difficulty. Please **contact us** [1] to discuss options.

Limited availability. Pre-booking essential!.

To get the most out of these sessions we recommend block-booking in advance to secure your spaces. However, individual sessions may also be booked (at least 2 days in advance), subject to availability.

To find out more or to make a booking, please **email us** [1] or call 020 72676605 to speak with a member of our team.

Upperdeckers is subsidised via our fundraising efforts and income from the hire of our venue, canal boats and paddlesport services.

Sign up to our **mailing list** [2] to stay in the loop and receive updates about our projects, services and events. You can unsubscribe at any time and we promise not to bombard you!

Source URL:http://thepiratescastle.org/upperdeckers-paddlesport-sessions-over-50s

Links
[1] mailto:info@thepiratecastle.org [2] https://dashboard.mailerlite.com/forms/364915/82635775871550762/share