Paddle Camden - Adults

Join us for a paddle on our beautiful stretch of the Regent's Canal and over time your abs, arms, shoulders, back and core will become stronger, your stamina and cardiovascular health will improve and you'll feel much fitter – but that's not all! Along with offering low-impact exercise, kayaking and canoeing are scientifically proven to improve mental health and wellbeing!

Led by our friendly and experienced Paddle UK instructor team, our affordable sessions are suitable for all ability levels, from beginner to more experienced paddlers.

Thursdays: 6.45pm - 8.15pm

Sundays: 11am - 12.30pm

£15 per session, £5 concessions (proof of eligibility required)
Block book 5 sessions in advance and get 1 session free!

Please book in advance! Sessions are non-refundable / non-exchangeable. To book or for more information, email info@thepiratecastle.org [1]

Adult Club 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/paddle-camden-adults

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