

## Adult Paddle Club

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## Adult Paddle Club

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 British Canoeing instructor team, our affordable sessions are suitable for all ability levels, from beginner to more experienced paddlers.

**Thursdays: 6.45pm - 8.45pm**

**Sundays: 11am - 1pm**

**£10 per session, £5 concessions (proof of eligibility required)**

Pre-booking essential due to limited availability. Sessions are non-refundable / non-exchangeable. To book or for more information, email [info@thepiratecastle.org](mailto: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.**

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**Source URL:**<http://thepiratescastle.org/adult-paddle-club>

### Links

[1] <mailto:info@thepiratecastle.org>