

### [Learn to roll, brace and scull for support!](#)

Come to our pool sessions to learn or practice all of those manoeuvres where you'll either likely or intentionally get wet, in the warmth and comfort of a new indoor swimming pool! Pool sessions are often used to learn and/or practice rolling a kayak, but they're also great to practice other things, like support strokes (low-brace, high-brace, sculling) and self rescue. With the revised ICU Level 3 syllabus in particular, intending candidates would be well-advised to take advantage of this opportunity to learn to brace and scull, as well as rolling.



If you've never rolled a kayak before, you can come along and learn from experienced rollers in the club. If you can already roll but it's not very reliable, come and practice and get tips from the experts. If you're already an expert, don't forget about rolling the other side or any of the other 40+ different rolling techniques! There will also be at least one qualified instructor present every week plus other experienced paddlers to assist.

After the pool session each week, we'll meet up in a local pub for a bit of socialising.

### **When**

Tuesday evenings, 8-9pm, 4th Jan - 12th April 2010 incl., excluding 15th, 22nd Feb and 1st March.

### **Where**

Castlepark School, Castlepark Road, Dalkey, 300m from Bullock Harbour! ( [Map](#) )

### **Cost**

€20 for East Coast Sea Kayaking Club Members. This is a flat rate giving access for all 12 weeks! Yes, it's cheaper than last year!

### **Booking**

[Book and preferably pay online](#) by credit card or Paypal. Or, you can pay by cheque or bank transfer, but in this case you must still book online and click "offline payment" when the option presents.

**You absolutely must book and pay in advance.**

Numbers are limited to avoid overcrowding. You cannot pay on the night.

### Terms

1. All users must be members of both East Coast Sea Kayaking Club and the Irish Canoe Union, for insurance reasons.
2. Bring your own boat, clean, or arrange to share with someone else! The two club boats, decks and paddles will be available free of charge, but priority will be given to those who don't own one.
3. Unused weeks are not transferrable between individuals. We think the price is extremely competitive even if you don't use all of the 12 weeks. We couldn't hold this price if we allowed transfers.
4. Depending on numbers participating, you might not get a whole hour in the pool each week.
5. The club exists and benefits enormously from the generosity of experienced paddlers assisting the inexperienced so that they learn and in time may give back to the club. If you have the capability to assist others to learn, please give a part of your time in the pool each week to helping others.